

The Gadget That'll **Change Your Body** Without Going To The Gym!

LOOK.co.uk 17th August 2015

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For Perfect
Skin!



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& Justin
Married!**
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A Daughter?

LOK

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Editor, Ali Hall
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LOOK It's The #loveyourbody Issue!

We've spent eight years celebrating women's bodies in every shape and size – but this week we're taking it up a notch! See Ellie Goulding's body confidence (p10), the A to Z Love Your Body Special (p61), miracle dresses (p78) and much more. Got an iPhone or iPad? *Look* is available to download – search for *Look* magazine in the App Store. I'd love know what you think of this special issue – tweet @MissAliHall.



17 August 2015

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fern194

13h



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Game On

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Dorothy Perkins' Autumn Wardrobe Heroes

As you've probably noticed, the 70s is still huge for the new season, and Dorothy Perkins' latest collection is full of super-wearable pieces that subtly nod to the decade. I'm eyeing up the slimline indigo flares and lace-up blouse. On the basics front, denim dresses and striped roll necks will easily slot into your wardrobe. And the khaki pencil dress will go from work to play to weekend in the switch of a shoe. Oh, and did I mention it's an autumn 'It' colour?

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Dress, £28
Sweater, £15
Earrings, £8.50
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Editor, Ali Hall
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I'M LOVING...

Check out my hot picks of the week and let me know what's on your wish list on Twitter, @MissAliHall



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Zara's Snakeskin Love-In

Stash the leopard – high-street mecca Zara has spoken, and snakeskin is where it's at right now. Splashed on wide-leg trousers, midi skirts and a gorgeous halter-neck dress, I love how the muted, nude colour palette stops it from tipping into tacky territory. For a chic combo, follow Zara's lead and wear with classic cream and white, or dress it down with denim. My rule? Stick to one snake piece at a time.



Zara
£49.99

Get It Or
Regret It

Finery's 'Evelina' Jumpsuit

Finery London's minimalist vibe always makes their designs look more high end than high street – case in point, this tailored crepe jumpsuit. Make it office friendly with a shirt underneath, then wear solo with heels for a polished evening look.



Finery London
£75

Marc Jacobs' Bright Bucket

The bucket bag has become as essential as a tote or cross-body to any accessory collection, and now Marc Jacobs has added one to his range. The popping orange hue on 'Luna' makes a change from classic red and will work perfectly with autumn's colour palette.



Marc By Marc Jacobs
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Fade-Free Blusher

I can't be the only one who puts colour on my cheeks in the morning and by lunchtime it's disappeared. Well, not anymore, thanks to Too Faced's cute Love Flush blushers. They're highly pigmented, so the gorgeous colours hang around for a lot longer – I didn't even need to reapply mine for after-work drinks. Plus, they're great in this warmer weather, too, when open pores are even more prone to soaking up product.



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NEW YORK

Victoria Beckham has long been the high priestess of airport chic, and she showed no sign of letting her style crown slip as she swished through LAX in a statement dress from her brand new Resort 2016 collection. Featuring psychedelic details, the bold design put a glossy spin on the 70s trend. Crossing paths with hubby David, who was heading back to LA from Guy Ritchie's London wedding (we hope they had time for a quick kiss in customs), VB headed in the opposite direction to take care of business in the UK. Since there was no catwalk show for the Resort range, it's no surprise she took the opportunity to model her favourite frock – and boy, was she the best advert for it.

VB's Airport Catwalk

Mrs Beckham put our travelling ensembles to shame in a frock from her Resort '16 collection. Note to self: must try harder...



WORDS: AMY DE KLERK PHOTOS: SPLASHNEWS.COM, VICTORIA BECKHAM/INSTAGRAM



See More Online

Check out Victoria's stunning fashion file at Look.co.uk/VB

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NEW YORK

Jourdan Dunn is wearing Color Show[®] Nail Polish in Canal Street Coral. ©2014 Maybelline LLC.

#loveyourbody

B

Stars



See More Online

We ♥ Ellie & Dougie. See more hot couples at Look.co.uk/celebcouples



ELLIE

In Our Love Your Body Issue

I'm Proud To Be A Fit & Strong Woman

With her kick-ass fitness regime, the pop star is the epitome of clean, healthy living. Here's how to get your body in shape, Ellie Goulding style...

By her own admission, Ellie Goulding is happier than she's ever been. 'I feel calm and like everything is in a good place,' she says. And she has every reason to be, as not only is she super-successful, racking up 20 million single sales worldwide, but she's also totally loved up with her boyfriend of a year, McBusted star Dougie Poynter. ➔



Er, Ellie, Dougie, no one's looking at your head gear, guys



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Not only that – the *Love Me Like You Do* singer looks incredible as well, whether that's on stage or snuggling up with Dougie on holiday. It's her passion for fitness that Ellie credits as getting her both mentally and physically in the best shape of her life. 'Exercise has taught me confidence and discipline in the long term,' she says. 'Over the years, I have managed to learn more about myself – and how I can push myself – through sport. Then I've applied that to everything else.'

And yet, while the 28-year-old singer's life seems more than perfect, it hasn't been an easy ride for her. Ellie has revealed that she battled severe body-confidence issues in her early twenties. 'I went through a time of being quite insecure. I'd convinced myself I was fat,' she admitted in an interview. Her self-esteem was so low that even facing people was a struggle. 'I had such bad panic attacks that I wasn't able to leave my flat,' Ellie said of those years. 'I couldn't bear people looking at me.'

But she's managed to turn it all around and now shares the results of her workouts with her 11 million-strong social media following – either alongside her supportive beau and workout buddy, Dougie, 27, or sweating it out by herself. 'I'm not afraid of a guy saying to me that I'm strong,' Ellie admits. 'And I will happily post pictures of my muscles on Instagram because I'm proud of being a strong girl.'

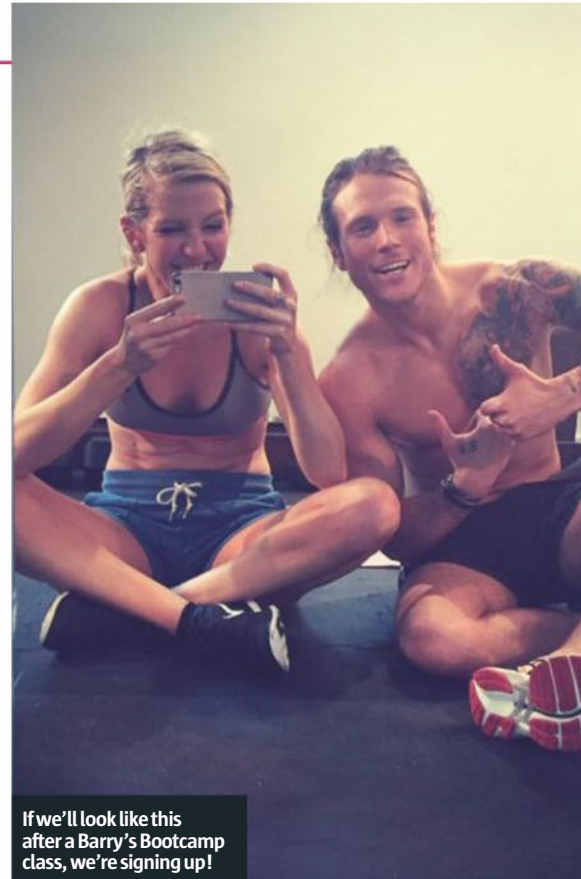
Ellie's fitness philosophy and body-positive message is an important one. 'As a woman, keeping my body healthy and strong is really empowering,' she adds. 'I do think strength is beauty.' With that in mind, here's Ellie on how she maintains her killer body. And we've also got the lowdown from the wellness experts who work alongside her every day.

Ellie In Her Own Words

'Training With A Friend Pushes Me Harder'

The singer often shares post-workout snaps of her and Dougie on hiking trips in Los Angeles or hitting it hard in the gym. 'Training with him [Dougie] and the other guys is fun,' she reveals. Ellie admits that grabbing a mate to workout with pushes her to her limits. 'Harry [Judd, Dougie's McBusted bandmate] is actually really good. He's an inspiration because he trains really hard,' she says. 'We will often all go to the gym together, and a few of the other [band members'] wives will come down as well.'

The couple, who should write a book on the perfect relationship goals, love sharing their fitness snaps on social media. Brave Dougie recently accompanied Ellie to an intense Barry's Bootcamp class, where she put him through his paces before posting a cute photo of the sweaty pair. It really does look like the couple that trains together, stays together. Aww.



If we'll look like this after a Barry's Bootcamp class, we're signing up!



Ellie: 'I Run Every Day'

When she's touring, Ellie loves an early morning jog, and is known to invite her fans along with her, too. 'There's a real sense of camaraderie,' she said in a recent interview. Ellie

makes sure she fits a daily six-mile run into her schedule as she says it helps her to clear her mind. 'It gives me a great chance to focus when I am by myself,' Ellie explains. 'I run pretty fast, then slow to a walk, then start jogging, and repeat,' she reveals.

In fact, the singer loves it so much that she'll run to the gym. 'It's only about 25 minutes from home and it gets my heart rate up,' she says. And it doesn't stop there, because as soon as she arrives, it's all about the treadmill. 'I like it when it's on dynamic and I do sprints,' she says. Somehow, we don't think we'll ever be challenging Ellie to a race...

'Switch Up Your Exercise To Keep It Fresh'

Ellie supplements her intense cardio in various ways, but she's partial to Bikram yoga classes. 'I get the biggest high when I do it,' Ellie says. 'I love high-intensity training, but I also like to take it easy. Doing something different every day keeps things fresh and exciting.' Her other workout of choice? Capoeira. 'It's a martial art dance that gives you really good hip muscles,' says Ellie.



Ellie's Must-Have Nike Workout Kit



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£65



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£18

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Sports Bra
£26



Top
£25



Bag
£65



Shorts
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This bright number will double up as a weekend bag

Her Trainer

Faisal: 'We Train Dirty... Ellie's Work Ethic Is Amazing.'

Ellie trains three to four times a week at Barry's Bootcamp (dubbed 'the world's best workout'), which recently opened up a second studio in east London. The 60-minute workout, which counts the likes of Naomi Campbell and Victoria Beckham as devotees, whips you into shape with a combination of intense cardio, like bursts of running on treadmills and strength training using heavy weights and bands.

'Ellie's work ethic is amazing,' says the pop star's go-to trainer, Faisal Abdalla at Barry's Bootcamp. 'The training we do is dirty, hard and aggressive, but she always enjoys it. She is an athlete.'

Faisal mixes up their 60-minute sessions with a combination of punching (Ellie's favourite), sprints, plyometric training and weights, and all in one minute intervals.

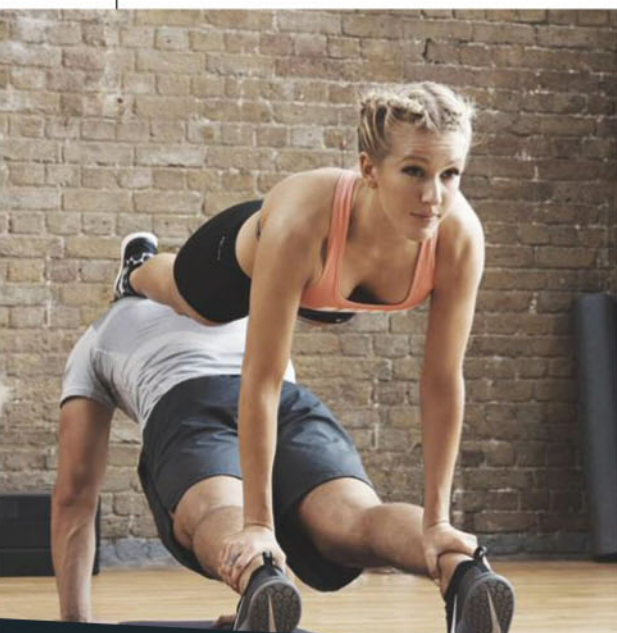
'It's important to keep the body guessing,' he says. 'High intensity interval training of short treadmill sprints alternated with resistance

work is a lot more beneficial than just doing a steady run because your body doesn't get any recovery time. Your muscles are working much harder than they would if you were to sit down and rest between sets.'

And those incredible abs? Faisal explains that they're all down to a special move called the 'six touch plank'. 'Get into a push-up position with your hips forming a straight line from shoulders to feet,' he says. 'Lift one hand off the floor, touch the opposite shoulder then put it back on the floor.' Repeat six times each side.

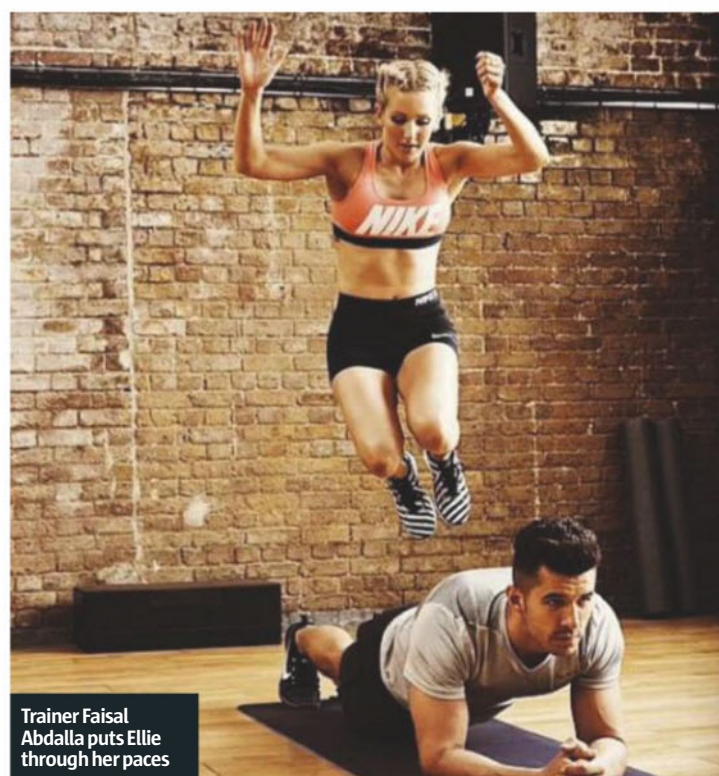
While Faisal's training methods are tough, it's Ellie's no-nonsense approach to the classes that has given her the body of her dreams. 'She's looking insane right now,' says Faisal. 'But the credit has to go to her. She works hard and has a great attitude towards exercise, which makes her a pleasure to train.'

And she's *such* a fan of the classes she even directed her own session at Barry's Miami Beach in January this year – go Ellie!



Exercises To Try At Home

- **Hollow Rocks:** Lie on your back, bring your straight legs off the floor at the same time as your head and arms, and rock back and forth for one minute.
- **Tuck Jumps:** Jump side to side, bringing your feet back to touch your bum.
- **Resistance Jumps:** Place a resistance band beneath both feet and do star jumps for 30 seconds followed by a rest period of 30 seconds.
- **Crawling:** Keeping your bum low to the floor, crawl along bringing your elbow to your knee each time.
- **Curtsey Lunges:** Step one leg back diagonally behind the other and bend both knees low to a curtsey position. Do ten on each leg.



Trainer Faisal Abdalla puts Ellie through her paces

See More Online

Ellie's style rocks! See her cool fashion file at Look.co.uk/ellie



Her Nutritionist

Mary: 'Ellie Eats Three Vegan Meals Every Day'

Famed for her Instagram snaps of the healthiest snacks, Ellie's personal nutritionist and tour chef, Mary Mattern, spoke exclusively to *Look* to reveal all about her healthy diet. 'We started chatting on social media, initially swapping recipes, and she asked me to be her personal chef for the rest of her US tour,' Mary reveals. 'I'd cook her three vegan meals a day.'

Ellie's healthy eating is largely responsible for her new-found body confidence. 'I've been a vegetarian since 2013 and a vegan for [the past] year. I feel so much better for it.'

The singer admits: 'The more I find

“ I'd make her raw wraps with Swiss chard and kale or whip up some noodles ”

out about the human body, the more I want to take care of it.'

And Mary made sure Ellie was on form for her recent shows, creating unique recipes to ensure she was full of energy.

'I'd make her raw wraps with Swiss chard and kale, or whip up some cauliflower and noodles,' says Mary. 'When she came off stage, she'd drink one of my special smoothies. The kale, protein powder and coconut water mix re-energised her performing.'

'Before, I had a flat bum, no boobs and not much shape,' says Ellie. 'I'm way more womanly now. I'm a bit more confident with my body. I put it down to eating amazingly well. Now my body's different, my skin is different, my face shape is different and my eyes are brighter too.'

But while she loves the healthy stuff, Ellie says that eating clean isn't about depriving oneself, but rather seeking other alternatives, she says: 'I love chips, but I try to get sweet potato fries.' A girl after our own heart.



Ellie's Everyday Eating



Breakfast: Tofu scramble and a green juice



Lunch: A fibre-rich salad with avocado and kale



Dinner: A vegan burger – sweetcorn, peas and broad beans



Snacks: A vegan GoMacro protein bar

“ Ellie looks insane right now and credit has to go to her ”



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Jennifer Lopez.

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It's Time To Join The **More**

Forget #Normcore. It's time to banish the basics and make like the coolest ladies around, whose new style mantra is all about maximum impact

Susie
Bubble



Go Wild

Susie Bubble's floral hat-trick makes for one winning formula, while a flash of leopard print and statement accessories ensure she's leader of the Morecore crew.



Working It

Upgrade tailored separates with hints of clashing patterns, and team with neutral accessories for an office-ready outfit.

Standing out among the all-white outfits and minimalist looks, a new style movement has quietly been taking over the streets of late. Clashing prints, contrasting textures, bold colours and loads of layers are shaking things up, championing a more is more approach to dressing. Welcome to Morecore (as we're calling it) the coolest way to work your wardrobe right now.

Showcased on the AW15 catwalks (see Miu Miu and Burberry), street stylers have already adopted the look, rocking animal prints with florals, jackets on jackets and an arsenal of accessories all at once. Susie Bubble has been the poster girl for Morecore for a while now, expertly mixing things up with bold, mismatched patterns. Gone are the days of debating which statement piece to flaunt; now you can wear them together.

Sounds daunting? It's a lot easier than you think. If you love your co-ords, throw on a contrasting jacket. Or, layer a crop top over a silky blouse and add cropped kick flares. You could even take your fringed accessories into autumn by rocking them all at once. Whichever way you try it, just be sure to work this trend with a huge dose of fearlessness – it's not for the faint-hearted.

Shop The Look



Free People
£48



Topshop
£52



Chichialondon.com
£105

Core Movement!



Feeling Blue

This is colour blocking the Morecore way. Choose multiple shades of the same hue, play with proportions and mix in prints.



Double Denim

Breathe new life into your jeans jacket by wearing a cropped one as a top, then throwing on an oversized style. It's as easy as that!



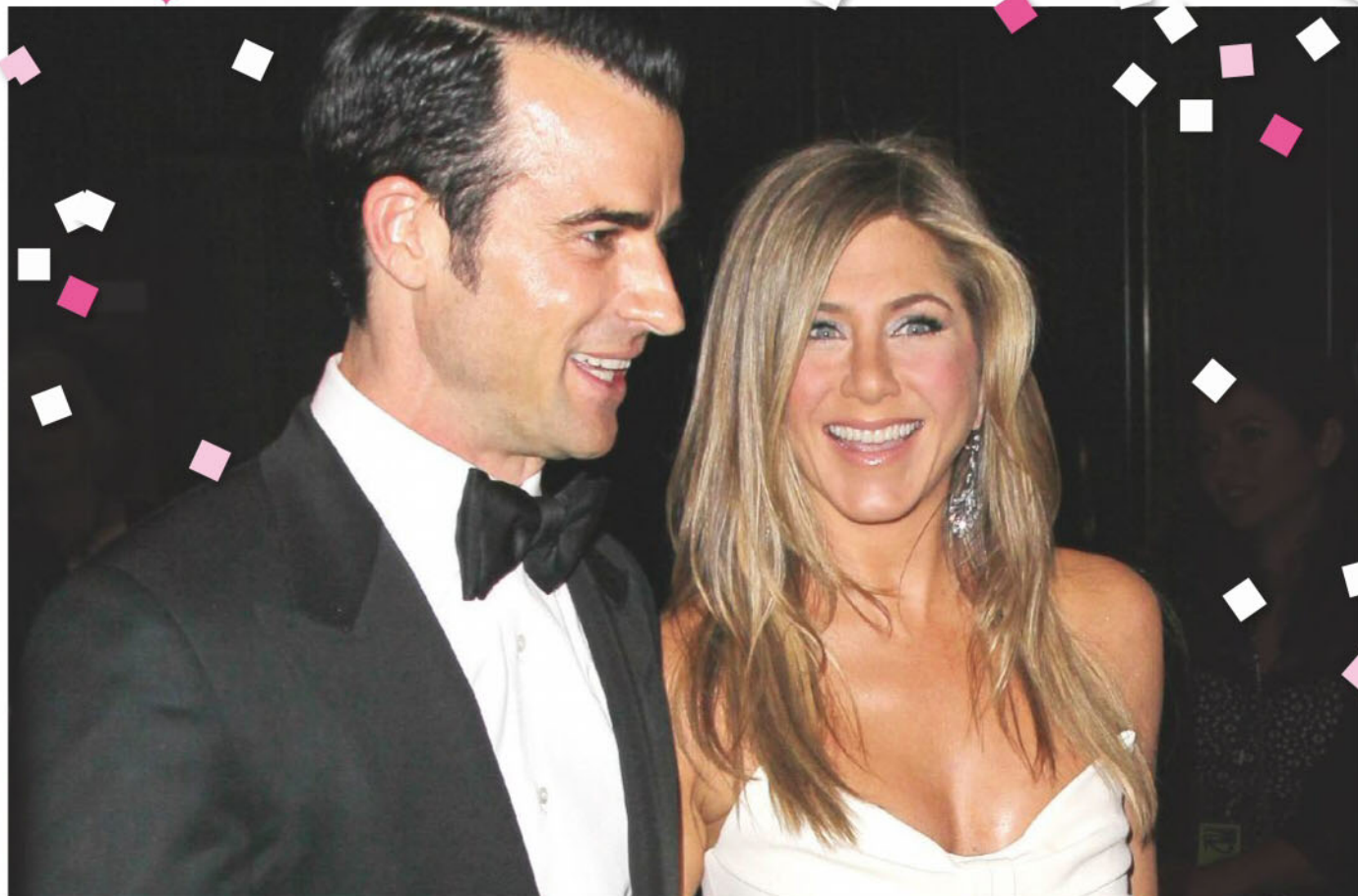
Stripes Ahead

Head-turning trousers are amped up even further when worn with a sheer blouse underneath a crop top.



Topshop
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New Look
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Jen And Justin Married... *Next, Adopting A Baby?*

It's happened! After a three-year engagement, Jennifer Aniston and Justin Theroux have wed in a lavish surprise ceremony. *Look* has all the details...

It really is happy ever after for these two, as Jennifer Aniston and Justin Theroux have finally tied the knot. And we're delighted for the couple!

Disguised as a surprise party for Justin's 44th birthday, the pair went to extreme lengths to ensure that

no one – apart from the 74 guests, including Courteney Cox and Ellen DeGeneres – knew last Wednesday's nuptials were set to take place. But when a wedding cake and a pastor clutching a bible arrived at the couple's \$13m Bel Air mansion, their cover was well and truly blown.

'It's what they've always dreamed of,' says an insider. 'The whole place was designed to make the wedding as intimate and private as possible.'

And the next day, the newlyweds hopped on a private jet, reportedly with a select few A-list pals, including Jen's best friend Courteney, for a honeymoon in Bora Bora.

The candle-lit ceremony took place less than 24 hours after a US magazine reported that the couple had already adopted a baby girl. Jen's rep quickly denied the claims, but sources insist

Justin adores Jennifer and is overjoyed they're now husband and wife

that adopting a child certainly could be on the cards in the near future.

'Jen's made no secret about wanting to be a mother,' the source said. 'So adopting is definitely an option. Her good friend, the singer Sheryl Crow, has two adopted sons, so why wouldn't Jen consider it, too?'

The wedding marks almost three years to the day when Justin proposed with a \$645,000 diamond ring in New York. 'We just want to do it when it's perfect, and we're not rushed,' Jen, 46, said of their long engagement. But as time passed, everyone began to wonder whether they'd *ever* wed.

'It did take ages to commit to a date,' a source revealed to *Look*. 'But this wedding wasn't because Justin had run out of excuses; he genuinely adores Jen and is overjoyed they're now husband and wife.'



The couple finally said 'I do' in a secret ceremony at their \$13m Bel Air mansion

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Gwen & Gavin What Went Wrong For The Coolest Couple In Showbiz?

In another shock summer split, Gavin and Gwen have called it quits after 20 years

There was a time, not that long ago, that you couldn't escape from photos of Gwen Stefani and Gavin Rossdale strolling hand-in-hand around LA and Primrose Hill. So we were shocked to hear that they have called time on their 13-year marriage. But reports claim their split has been coming for a while, with rumours of Gavin's infidelity tearing them apart.

'When Gavin was on tour, Gwen suspected he was cheating,' an insider tells us. 'But things have been getting worse and over the last year she heard from many industry contacts that Gavin was flirting with other women.'

'There was never any proof,' another source reveals. 'But she knew all too well about his wild past and she must have worried he was not 100 per cent committed to her.'

Problems have plagued the pair for some time, with Gwen speaking openly about their issues. 'We go through so much together,' she admitted in a recent interview. 'It's a miracle that we could stay together this long... Because it's hard.'

Although Gwen, 45, was seen

wearing her wedding ring a couple of weeks ago, she filed her petition for divorce on 3 August citing 'irreconcilable differences'.

'While the two of us have come to the mutual decision that we will no longer be partners in marriage,' their joint statement revealed, 'we remain partners in parenthood and are

committed to jointly raising our three sons in a happy and healthy environment.'

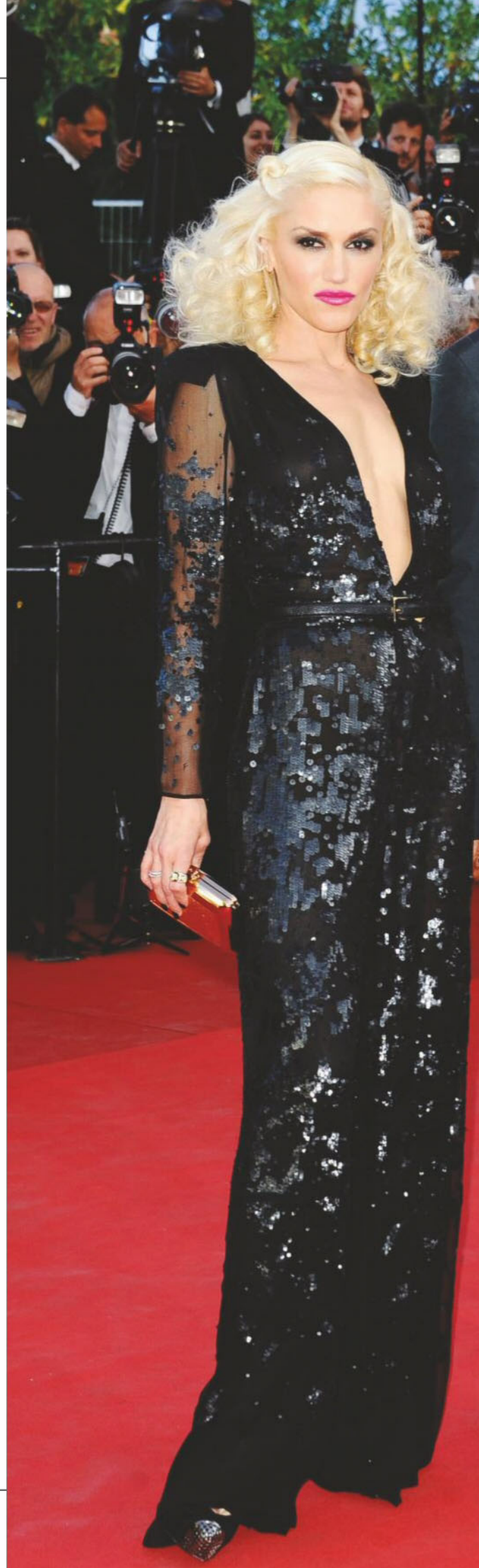
Now the former couple face a huge legal battle over their combined fortune. Gwen is worth around £50m and Gavin is reportedly worth £15m – and with reports claiming there was no pre-nup

in place, California law states their assets will be split equally.

They became music's coolest couple when they started dating in 1995, after meeting when No Doubt supported Gavin's band Bush on tour. They wed in London in 2002 and went on to have three sons: Kingston, nine, Zuma, six, and 17-month-old Apollo.

But their marriage has never been far from the headlines. In 2004 their relationship was rocked when Gavin discovered he was the father of Daisy Lowe, 26. 'I don't think Gwen ever

Gwen must have feared he was not 100 per cent committed to her





We can't believe it's over for the rock power couple

really got over it,' an insider tells us.

In 2010, Gavin admitted to having a gay relationship in the 80s with singer Marilyn in *Details* magazine – something he'd previously denied.

Now, sources say Gwen and Gavin are keen to put aside their personal

issues for the sake of their children. 'Gwen wants her kids to have a dad,' a source says. 'They've told the kids they love each other but will be happier if they live apart.'

We're gutted about this one – no more celeb splits for the rest of the summer, please!

How They Became Pop's Power Couple



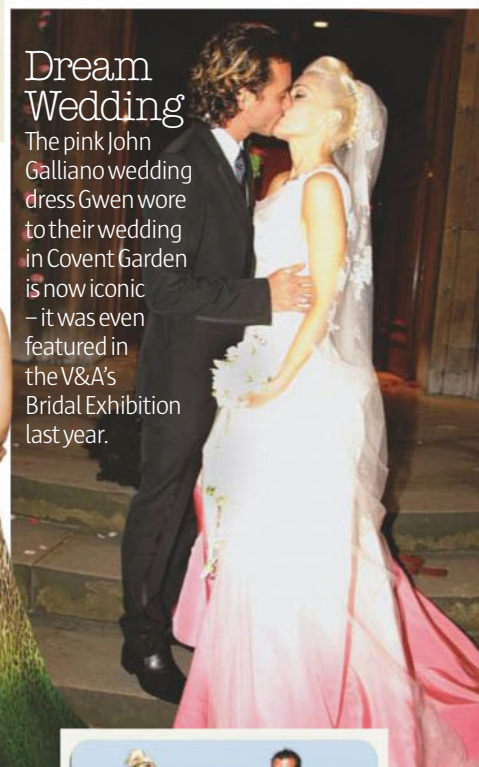
90s Grunge Cool

In 1998, Gavin and Gwen were the king and queen of 90s grunge. Just check out Gwen's braids.



Dream Wedding

The pink John Galliano wedding dress Gwen wore to their wedding in Covent Garden is now iconic – it was even featured in the V&A's Bridal Exhibition last year.



Baby Love

Gwen rocked her baby bump like no other – showcased here in a glam leopard-print dress from her own L.A.M.B collection.



Ab-tastic!

Gavin and Gwen were spotted on plenty of beach holidays, both looking seriously stylish and buff.

A Family Affair

In June, the brood stepped out for a low-key LA lunch. It was the last time they were snapped as a family.

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Camp Migrant Crisis

'These People Are Not Insects, They Are Fleeing For Their Lives'

With people desperately trying to reach the UK every day, Dr Clare Shortall, 35, a volunteer at the camps of Calais, tells *Look* what it's really like...

I imagine being pregnant, alone and exhausted. You've trekked for days, taken boat trips where others lost their lives and now, miles from home, it's still not over. You're in Calais in a tent, with 3,000 others camped in close quarters. Daily you see the friends you've made risk their lives to get to the UK. You don't know how you'll manage to follow in their footsteps. But this is your only hope – and it's way better than the horrors you've seen back home.

This is the reality for just some of the migrants I've met volunteering in the Calais camps. And every day, I meet even more men, pregnant women, mothers and children living in dire conditions, with little access to water and basic healthcare.



Clare helping a female refugee

There's no doubt this is a humanitarian crisis – and it's happening just a few miles from our shores. Most days I'm seeing those who have been injured during their journey to France or trying to cross the border, people who have developed diseases from the unsanitary living conditions and pregnant women who, without help from volunteer doctors like myself, would have no antenatal care.

It's desperately sad. These people are fleeing war-torn countries. We should be sympathising with them, not, as the mainstream media have done, dehumanising them by saying they are 'swarms storming the border' as if they are insects. These headlines sound nothing like the

people I have met who are simply looking for a safe, decent life.

What's wonderful is seeing how they form their own 'families', bringing in children who have been separated from their parents and treating them as though they are their own.

Their bravery is outstanding. I remember meeting a young boy who had been on a horrendous boat journey, alone, where the adults on board had recounted to me how terrifying it had been – but he simply said: "It wasn't so bad." But, as much as his story makes me smile, it breaks my heart to think how his childhood had been wrenched away from him.

No matter how many stories you hear it never gets easier. But at the same time it's wonderful to be helping people who have been completely misrepresented. Despite the lies in the papers, these people don't talk about Britain as if it's this amazing place where they'll get a free ride. They want to work and live in safety – something everyone deserves.'

■ *Clare works with Doctors of the World, the only charity providing essential medical help in Calais. To donate £3 to their appeal, text Doctor to 70660.*

What's Happening In Calais?

- The increase in the number of people in Calais is due to the conflict in war-torn countries – 60m people have been displaced from Syria alone.
- **There's been a huge swell in the numbers of women and children living in the camps – up until this year it was mostly young men.**
- Britain is one of the few European countries to have border police checking documents – which is why many people turn to dangerous methods to get here.
- **Germany takes over 100,000 asylum seekers a year, France takes around 90,000, while Britain takes just over 20,000.**

WORDS: CATRIONA INNES PHOTOS: REX FEATURES, PRESS ASSOCIATION



A mother tries to keep her young child warm under a blanket

RIMMELLONDON.COM



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Kate Moss wears Wonder'Full Wake Me Up Mascara.



RIMMEL

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UP &
OUT



All Hail The Hun

It's the laid-back hair trend the celebs are going crazy for. Say hello to your go-to summer'do...

The half-up bun, aka the 'hun' has fast become our favourite summer style. Having caught on among A-listers, it's been spotted on everyone from Rita Ora to Khloé Kardashian and Ariana Grande. But what's so great about it, we hear you ask? For starters, the style is effortlessly cool, and gives you an opportunity to channel the shabby-chic trend without really trying. It also disguises a bad hair day brilliantly, but you can still wear it down – perfect for 'updo phobes' who just can't bear the idea of a topknot.

Most crucial of all, it's the answer to staying cool in the sun without resorting to a slicked-back pony – practical and pretty!

This style works best when your hair is slightly dirty and has some texture to it, so don't be afraid to let your inner boho babe out.

How To Wear It

- Rock your 'hun' tight and sleek like Rita Ora for a mini brow lift.
- Use a curling tong to add waves to the ends of your hair and keep your topknot loose for a laid-back daytime look.
- Add texture to shorter styles by spritzing a salt spray through your hair and letting it air-dry, before roughly tying your bun.

Margot Robbie

Ariana Grande

Kate Mara

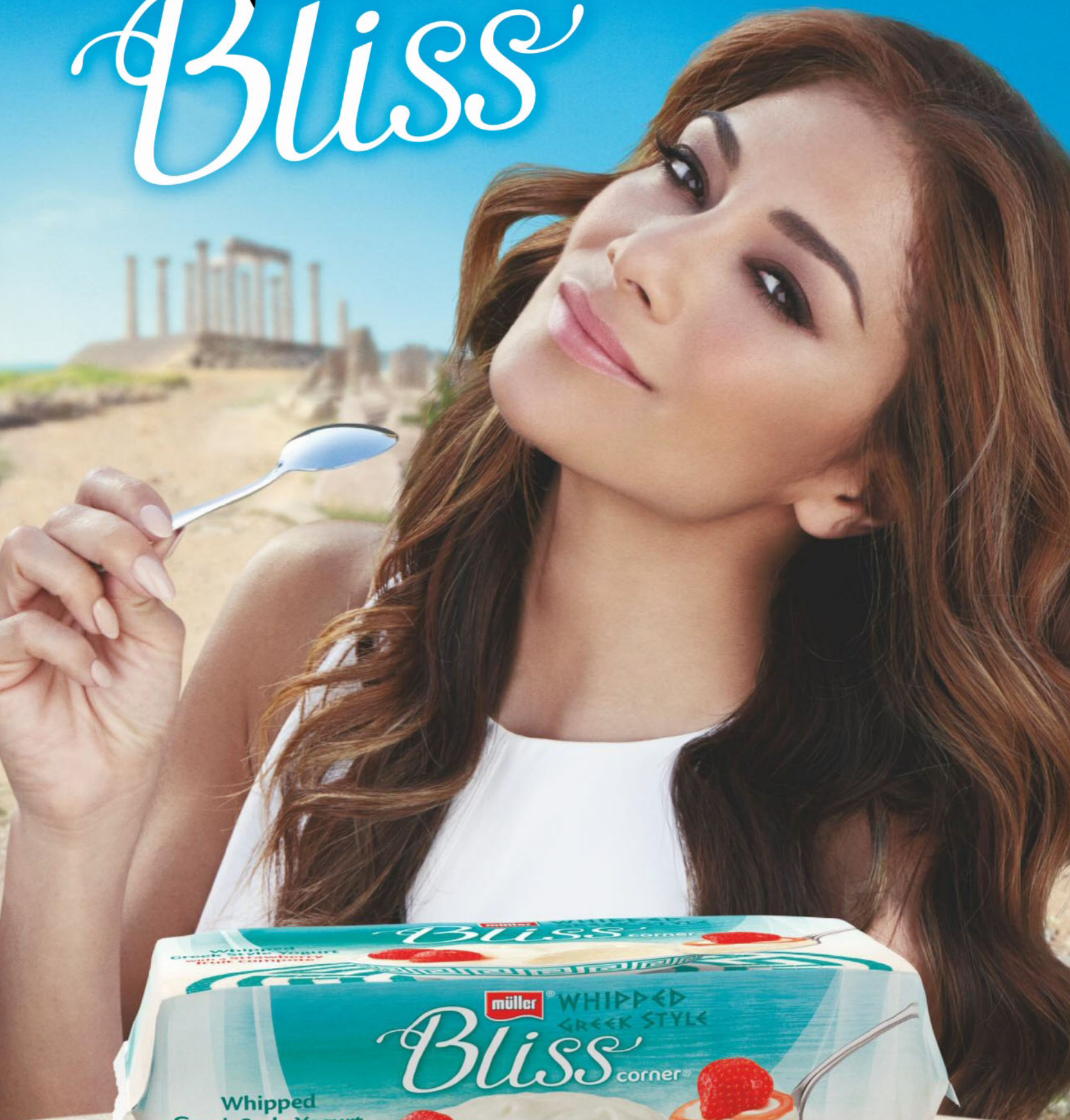
Vanessa Hudgens

Khloé Kardashian

Rita Ora

Jennifer Lopez

*So creamy
it's sheer*
Bliss



Let's Go Crazy For Daisies

Celebs are crushing on this new bloom, so inject your wardrobe with flower power

It's normal at this time of year to feel a little confused, style-wise. The shops are filling up with autumn buys, but all you really want is to slip on something summery – we get it. This is where our new print discovery comes in pretty handy. We're talking about daisies, the new bloom that will instantly shake up your look and see you through the warmer months.

Championed by the likes of Alexa Chung and Ella Catliff, who are currently working knockout versions of the style to maximum effect, this pretty print is a more transitional take on blooms, making it perfect for this time of year. And, when it's adorning everything from frocks to jackets, you'll be coming up roses (or daisies) in no time.



Next
£26



Alexa
Chung



Evans
£30




Ella
Catliff



Fashion World
£49

ASOS
£38

Wear this bell-sleeved dress with lace-up sandals now, then over-the-knee boots next season



TREAT
YOURSELF
TO A
SUNDAY
ON A
TUESDAY

ADD A DASH OF
CARAMEL FLAVOUR
FOR A COFFEE WORTH
SAVOURING



TEISSEIRE
A DASH OF FRENCH FLAIR

NOW AVAILABLE IN THE COFFEE AISLE
AT WAITROSE, ASDA AND OCADO



LOOK Debate

We Celebrate Plus-Size Women, But What About Guys?

A major fashion retailer is calling for a movement to empower bigger men to feel better about their bodies. *Look* asks, is it needed?

“Bullying Overweight Men Is Seen As Acceptable”



says Darrell Freeman, managing director of Bigdudeclothing.co.uk, who asked for change

'I've been to football matches where I've seen a stadium full of guys single out an overweight man and chant at him. And who can forget Dancing Man? He was just having a nice time and was filmed for daring to dance,

even though he was overweight. There's no doubt about it – fat shaming men is still very much considered the norm.

And that has to change. Our customers feel so ashamed to be seen shopping at a special store for plus-size men – some so much so that they ask for special packaging.

It's not the same for women – there are now plus-size fashion bloggers and high-street stores, and ladies are encouraged to celebrate their natural figures. So why isn't it the same for men? It would make us feel so much better about ourselves if it was OK to embrace our bigger frames and wear fashionable clothes from the high street. Men suffer from the pressures to lose weight and match up to a certain body ideal, too, and it's time to change that.'

“Empowering These Men Is Potentially Deadly”



argues Martin Daubney, a journalist and broadcaster who specialises in men's issues

'While no one should be bullied because of their weight or appearance, to somehow suggest that overweight guys need to be empowered and celebrated is not only ridiculous; it's potentially deadly.

According to the NHS chief executive, obesity is “the new smoking” and it costs the NHS £6b per year. We need to empower GPs to have frank conversations with men to say that obesity can and does kill.

Body weight has been made into a politically charged issue, where pointing out that someone is overweight is branded as “fat shaming”. But the World Health Organisation predicts that three quarters of British men will be overweight by 2030, so surely the solution isn't to mollycoddle men with sugar-coated messages of empowerment.

These men need to be given a portion of the truth – no matter how hard that is to take. And that is, if overweight men are to be empowered, they should be empowered to lose weight, not bury the issue under denial and super-sized clothing.'



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*-à la-
française.*



A British classic complemented by a French favourite. President butter is so delicious, you won't be able to say 'non' to another.



If They're Doing It, We've Got The Pics To Prove It!

Lewis: 'I could drive this float waaaay faster than this'

Lewis getting down!

LOOK

Love Lives



Nope, we can't imagine what Lewis sees in her...



Rihanna's (tiny, very cute) niece comes to carnival

Carnival Love-In

Rihanna & Lewis Hamilton

Ri-Ri, 27, was spotted partying Bajan-style last week with none other than new love interest Lewis Hamilton, 30. Yep, we told you these two are on – and now they've truly confirmed it by acting *totally* loved-up while living it up in the Caribbean for the annual carnival. Rihanna really got into the spirit and looked incredible in her fabulous feathers and blingy bikini – she even got down and twerked, much to the crowd's (and Lewis's) delight.

If They're Doing It, We've Got The Pics To Prove It!

Before you ask, no – Ant will not be going on honeymoon with them

Ali & Dec!

Declan Donnelly & Ali Astall

This just looked like the happiest day ever! Dec, 39, finally married his manager, Ali, 36, who he met ten years ago. The pair were friends for years first but it slowly turned into love and they wed in a star-studded event at St Michael's Church in Newcastle. Many of the couple's celeb friends hit the Toon for the event, including Fearne Cotton, Holly Willoughby, Simon Cowell and Paddy McGuinness. The groom and his best man Ant McPartlin may have rocked up in matching suits (cute) but all eyes were definitely on the bride as she dazzled in a Phillipa Lepley dress.



Oh Zayn, we thought you were a nice boy

Shock Splits

One Rejection Perrie Edwards & Zayn Malik

We feel so bad for Perrie. Zayn, 22, has broken up with his fiancée and girlfriend of four years. She's putting on a brave face, but behind closed doors friends say the 22-year-old is 'livid' with Zayn, who has been accused of cheating on more than one occasion.

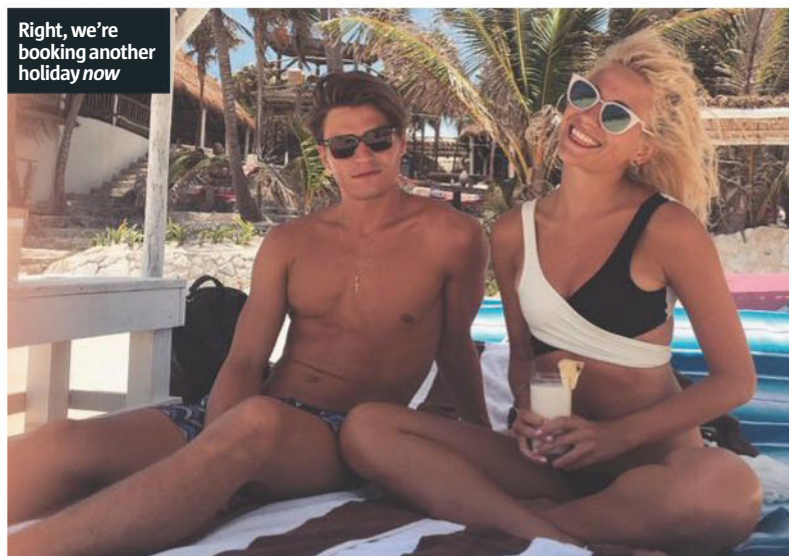


And as for you Kermit, well...

Kermit The Heartbreaker Miss Piggy & Kermit The Frog

That's it. We no longer believe in love. How could these two break up? Our fave Muppets announced their split on Facebook, saying the decision had followed 'thoughtful consideration and considerable squabbling'. Surely sparks will fly when they reunite to film the Muppets movie later this year?

Right, we're booking another holiday now

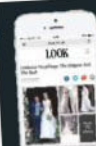


Wish We Were There

Pixie Lott & Oliver Cheshire

Pixie Lott, 24, has been posting some serious envy-inducing shots of her holiday in Mexico with model boyfriend Oliver, 27. From the gorgeous couple's incredible bodies to Pixie's collection of bikinis (a different one in each shot!) everything about her Instagram made us want to whiz ourselves off to a beach, cocktail in hand.

WORDS: TILLIE DEMETRIOU PHOTOS: OLC: SPLASHNEWS.COM, RIHANNA/INSTAGRAM, MIRRORPIX, ZAYN MALIK/INSTAGRAM, REX FEATURES, PIXIE LOTT/INSTAGRAM



See More Online

Check out our fave celeb weddings at Look.co.uk/celebweddings

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APPLE & BLACKCURRANT
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NO ADDED SUGAR

ROBINSONS
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In every drop
APPLE & BLACKCURRANT
DOUBLE STRENGTH

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Multibuy not included. Packaging, sizes & measurements may vary.
Lindhouse Apple & Blackcurrant Double Strength Squash, 1.5L, 95p (6.3p/100ml) vs
Robinsons Apple & Blackcurrant Double Strength Squash, 1.25L, £2.89 (23.1p/100ml).

It's Time To Fasten Your Belt

We all know there's no harder working accessory than the humble belt, and now there's heaps of new cinching ideas. Upload your pics at Look.co.uk/street-style



Wrap Party

Kimono jackets have been a staple in our summer wardrobes, and this sunny yellow number has to be one of our faves to date. Oversized pockets and cap sleeves create an on-trend voluminous shape, while a waist tie will ensure you don't look swamped.



Curve Cincher

Follow style maven Caroline Issa's lead and belt your blazer at the waist to accentuate curves. A floral print adds an extra dose of ladylike appeal.



Mono Madness

Think you can't wear leather to the office? Think again. Take a tip from Pernille Teisbaek and throw a long-line leather waistcoat into your workwear wardrobe. The stylist and blogger may have opted for a monochrome look, but why not add a brightly coloured belt for contrast?

For more looks, check out 'Your Street Style' on...



Lookmagazine



Dressed-Up Denim

Take a casual denim jacket effortlessly from day to night with the simple addition of a waist cincher (yes, it really is that easy). We're awarding blogger Tina Leung extra style points for colour coordinating her leaf-shaped Marni belt with the floral pattern on her dress.

#MumsAtWork

The New Research Changing Our Work/Life Balance

As a groundbreaking new study is released revealing that working mums inspire their children, *Look* investigates...

At last – working mothers across the UK are leaping out of their swivel chairs yelling ‘hallelujah’, as finally a new study reveals they *are* doing right by their children.

After years of being made to feel guilty, the news is suddenly on their side – stating that daughters of working mothers especially enjoy better careers and more equal relationships than those raised by stay-at-home mums.

The study, from Harvard University, found that daughters of mothers who worked were 4 per cent higher paid than their peers and more likely to be in managerial posts. And having a working mother doesn’t just benefit the girls – the study also discovered that sons ‘tended to spend more time caring for family members than adult sons of stay-at-home mothers’.

‘The study’s findings make so much sense,’ says coaching psychologist Jessica Chivers, author of *Mother’s Work*. ‘Children learn by example,

so if they see their mother going to work every day it becomes a pattern of behaviour that they’re used to. Not only that, but the mother can teach their children what they’ve learned at the workplace.

‘As well as this, there’s the added self-esteem that mothers gain from having their own career,’ she adds. ‘It’s not to say that children who have stay-at-home mums can’t have a flourishing career but it’s certainly a benefit.’

Karren Brady CBE, vice president of West Ham United, agrees. ‘If you’re working, you should share your career with your kids and you should teach them what it takes to survive in a workplace,’ she says. ‘The toughest thing about being a success is to continue being a success. You can teach them these principles, and those things are just as valuable as providing for your kids in other ways.’

However, while the results of the study are certainly refreshing, many are now arguing that the





government needs to do more to support working mothers – and to stop the guilt tripping for good.

'It's been proven that men whose wives are stay-at-home mothers are less likely to promote women in the workplace, as it's so against what they think,' says Jessica. 'This needs to change, and men being able to take more time off for paternity leave will help that.'

'Women seem to carry an emotional burden of going back to work that fathers rarely seem to,' she adds. 'But this is slowly changing as in the current landscape it is becoming more acceptable for men to work four days a week, or take time off.'

Studies also show that society's views on working mothers are slowly changing. Recent research shows that millennials are more accepting of working mothers than previous generations were – with only 22 per

“The studies make so much sense. Children learn by example”

cent of those in the study saying they believed that a pre-school-aged child would suffer if their mother worked, down from 34 per cent in the 90s and 59 per cent in the 70s.

'This goes against the popular belief that millennials are less supportive of working mums because their own mothers worked,' says Jean M Twenge, a psychology professor and one of the study's lead authors. 'It shows they are more supportive and suggests a growing gender equality.'

But more research recently showed that 26 per cent of working mothers have had to slow down the pace of their career to have children. There's also been a recent drop in the number of women who say their job is equal to that of their partner's – results experts say are down to the pay gap. Given these facts, there's no doubt about it – it's still a battleground out there for those who want a career *and* a family.

But what do you think? We opened the discussion to a working mum and a stay-at-home dad...

'My Children Are Inspired By My Career'

says Aby Hawker, 38, from London, who works in PR and has two children



I can't imagine not being a working mother. I get such a buzz from my job and it makes me a happier person, which obviously has a knock-on effect on my home life.

But it's more than that. I can see first-hand how having a working mum helps my children – my

daughter has just turned nine and has started to ask me about my work. She's feisty and quite the feminist, which I love. As for my son, he's seven and he'll play football with girls and has female friends. I like to think it's because he sees both his parents playing a very equal role.

It also helps me to help them understand how the world works. If my daughter gets cross at me for working instead of playing with her, I'll explain that I'm working in order to pay for all her lovely things.

I am really pleased this survey has made headlines – working mothers are given a hard time. I also want more mothers to see it is possible to have a successful career and family life. It seems mad to me that women leave their jobs for a family, usually when they've just reached the top of their game after working hard throughout their 20s and early 30s. This survey proves that not only can it be done, but it's actually good for kids – so there's no need to feel guilty.'

'My Wife's The Breadwinner And A Role Model'

says Simon Ragoonanan, 44, a stay-at-home dad who blogs at Manvspink.com



I get praised for being a great parent in a way mothers rarely are, because I'm a stay-at-home dad. Discussion around working mothers, like my wife, often focuses on negatives such as missing their children grow up or the stresses of juggling work and family. It's great that this study lays

out the positive impact they have on their children.

Being the breadwinner and an engaged parent, my wife is an inspiring role model for our three-year-old daughter. And I hope having a dad at home instead conveys a positive message to her of how involved and nurturing dads can be.

For us, it was an easy choice. We agreed I was more suited to being home with a baby and my wife earned more. Many mums joke with me that their other halves couldn't cope, but lots of dads tell me how much they'd love it.

While I get bored of hearing variations of 'giving Mum a break then?' when out with our daughter, I know it's low-level sexism compared to what many mothers experience.'

High Street Hottest

Just in, your shopping fix of all the latest looks. Purses at the ready...

Boden

Skirt
£79



Sweater
£39



Shoes
£129



Classic dress shapes will see you through the season in style. Mix them with cool prints and layer with a trench coat during chillier days

Dress, £99
Shirt, £59
both **Boden**



In Store
This Week!

Oasis



Shorts
£30



Dress
£35



Bag
£15



Skirt
£55



Shoes
£22

Neutral palettes are so flattering when worn with clashing patterns. Try long-line garments with skinny jeans and a leather tote

Coat, £75
Blouse, £38
Skirt, £40
Boots, £68
Clutch, £30
all **Oasis**



New Look



Dress
£29.99



Belt
£4.99

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Top
£12.99



Shoes
£29.99

Go 70s slick
in denim
flares.
Team with
a ribbed polo
neck in a
bright hue,
then simply
add a belt or
embellished
earrings

Coat, £39.99
T shirt, £9.99
Jeans, £24.99
Shoes, £49.99
Belt, £12.99
Bag, £15.99
all **New Look**



Urban Outfitters

Sweater, £65
Top (underneath), £39
Culottes, £66
Shoes, £55
all **Urban Outfitters**



Re-style your co-ords with a layered look.
Opt for tailored shapes for work, then wear
with an oversized jumper or cardigan



Bag
£129



Shoes
£75



Sweater
£42



Dress
£49

In Store
This Week!

River Island



Skirt
£35



Top
£30

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new pieces every day at
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Shoes
£30



Trousers
£38

Day or night,
this dress
will wow the
crowds. With
a retro print
and fitted
shape, wear it
with bare legs
and big heels
or statement
flats and
ankle socks

Dress, £45
Shoes, £40
Bag, £30
all **River Island**



AUTUMN
WINTER
2015



yumi

www.yumidirect.co.uk

Coat £130

Zara



Jacket
£39.99



Skirt
£25.99

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Clutch
£29.99



Top
£19.99



Ring
£15.99

Monochrome is always a winner, but pretty pastels and some embellished details can take it next level. Add a knitted top to keep the look casual

Shirt, £25.99
Culottes, £29.99
Shoes, £49.99
Necklace, £29.99
Bag, £49.99
all **Zara**



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In Store
This Week!

It's all in the detail. Choose pieces with embroidered stitching for an expensive look and keep everything else low key so the focus is on one main item

Sweater, £39.99
Skirt, £39.99
Hat, £14.99
all **H&M**



H&M



Top
£29.99



Sweater
£9.99



Shoes
£19.99

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new pieces every day at
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Earrings
£6.99

Topshop

Add a
Victoriana
lace blouse for
a feminine
twist on any
outfit. It'll look
great with a
denim skirt
and patent
loafers

Dungarees, £65
Shirt, £28
Shoes, £52
Bag, £65
all **Topshop**



Shirt
£38

THE FASHION DROP

Love Topshop?
Shop our edit of the best
new pieces every day at
Look.co.uk/thefashiondrop



Skirt
£79



Shoes
£69



Trousers
£40

In Store
This Week!

Mango

Cricket just got chic!
Team this top with loose-fitting jeans and a printed tee, or wear over a knitted jumper and some peg-leg trousers

Top, £34.99
Shirt, £59.99
Skirt, £59.99
all Mango



Top
£39.99



Sunglasses
£17.99



Shirt
£49.99



Skirt
£49.99



STYLED BY: LUCIE CLIFFORD PHOTOS: PHOEBE JONES HAIR: JAY ZHANG USING DIVA PROFESSIONAL STYLIST MAKE-UP: LOUISE DARTFORD
AT STELLA CREATIVE USING RMS BEAUTY MODEL: LUCINDA AT MILK PHOTOGRAPHER'S ASSISTANT: HARRY SLOAN FASHION INTERN: ZOE
COLTMAN FOR STOCKISTS GO TO LOOK.CO.UK/STOCKISTS

LOOK'S GUIDE TO HOLIDAY PACKING

Look's Beauty Writer Victoria Jowett shows you how to put together the perfect carry-on case – with help from eBay



Bitesize Beauty

Remember to decant all of your favourite beauty products into smaller 100ml. Plus, invest in a travel atomiser so you don't have to lug a whole bottle of perfume around.



Get Techy

Keep your inner geek happy by treating yourself to some cool new gadgets. Remember to capture all your memories on camera or with your tablet.



Holiday Wardrobe

Try to limit your holiday wardrobe to essentials only. Plan outfits around key statement pieces to make the most of every single item in your case. But don't forget to pack your basics, like pyjamas, underwear and your favourite bikini, of course!

When it comes to packing for a trip, it's important to be organised. But we're taking out the hard work with our easy breakdown of suitcase essentials. No matter where you're jetting off to, you want to have your creature comforts to hand – after all, there's *nothing* worse than forgetting something important! So, listen up, because these tips will get your holiday suitcase ready to roll...

Start by laying everything out that you intend to take, from your day-to-day outfits and all your beauty products to in-flight essentials to keep you entertained throughout the journey. Pack everything into your case in the

order in which you'll need them – so remember to keep your aeroplane must-haves near the top for easy access.

eBay has everything – both new and secondhand – from the latest tech to make your flight pass in super-quick time to the ultimate city guides for when you arrive at your destination. You can even stock up on travel toiletries and handy must-haves such as luggage tags and travel organisers. What more could you need?

You can use eBay Click & Collect to pick up many eBay purchases at Argos stores nationwide.

ebay™

Keep Comfy

Whether you're flying long or short haul, invest in a neck pillow so you stay comfy from take-off to touchdown.



Travel Must-Haves

Make sure you have a travel wallet to keep your flight tickets, passport and money safely stored and easy to access. Organise everything in the order you'll need it throughout the day to make passing through the airport easy-peasy.

Accessorise It

Accessories can be fun and practical – think designer sunnies to block out any UV rays and a seriously cool sun hat to keep your head out of the heat. Oh, and don't forget your flip-flops!

Shop It

All items featured here were bought on eBay. You can find everything you need for fun-filled summer days out for all the family, so start browsing now for inspiration!

Store It Right

Pack up your toiletries in clear, plastic bags, so you can pass through security with zero fuss and prevent any leaks.

See More Online

Find everything you need to be holiday ready at ebay.co.uk/rpp/escapes-and-breaks.



GAME ON

Take inspiration from the training ground in go-faster stripes, lurex metallics and retro knits

PHOTOGRAPHY: HELEN MCARDLE
FASHION: ADELAIDE TURNBULL



Dress, £56,
Urban Outfitters
Top, £22.99; cuff,
£6.99, both **H&M**
Shoes, £9.99,
New Look
Earrings, £95,
Johnandpearl.co.uk



Shirt, £20,
Boohoo.com
Skirt, £199, **Baum Und**
Pferdgarten
Shoes, £18, **Primark**
Earrings, £7.50; ring,
£14 (part of a pack of
six), both **Freedom**
at Topshop
Watch, £80,
Oliviaburton.com



Top, £12, **Matalan**
Trousers, £30,
Missguided.co.uk
Shoes, £119,
Senso at ASOS
Bracelet, £12.50,
Freedom at
Topshop



Sweater, £65, **Biba**
at **House of Fraser**
Top, £22; skirt, £30,
both **Topshop**
Earrings, £6,
Accessorize
Plain bangle,
£4.99; chain
bangle, £4.99,
both **New Look**



Dress, £35,
Dorothy Perkins
Shirt, £59,
Pied A Terre at
House of Fraser
Chevron top,
£22, **Beloved**
Skirt (just seen),
£35, **French**
Connection
Shoes, £16,
Primark

Cami, £12.99, **Zara**
Top, £15, **Marks
& Spencer**
Skirt, £39,
Urban Outfitters
Shoes, £27.99,
New Look
Earrings, £6.50,
Freedom at Topshop
Bracelet, £70,
Pearlandjohn.co.uk





Shirt, £59, **Pied
A Terre** at
House Of Fraser
Skirt, £109,
Ted Baker
Earrings, £95;
bracelet, £25,
both **Johnand
pearl.co.uk**

HAIR: LIAM JAMES MOORE AT S MANAGEMENT USING KIEHL'S MAKE-UP: ANDRIANI VASILIOU AT STELLA CREATIVE
ARTIST'S USING YSL BEAUTÉ FASHION ASSISTANT: SARAH BARLOW FASHION INTERN: REBECCA WILLOUGHBY
MODEL: RUAIRI LUKE AT WILHELMINA PHOTOGRAPHER'S ASSISTANT: NATHAN PERKINS FOR STOCKISTS GO TO LOOK.CO.UK/STOCKISTS



Jacket, £38,
Dorothy Perkins
Top, £24.99, **H&M**
Skirt, £39.50,
Marks & Spencer
Socks, £2.99,
New Look
Shoes, £39,
Miss Selfridge
Bag, £149, **Radley**
Ring, £6.50,
Freedom at
Topshop



Snap up the hottest
collection of new-in
high-street fashion,
selected by the
Look fashion experts
every 24 hours

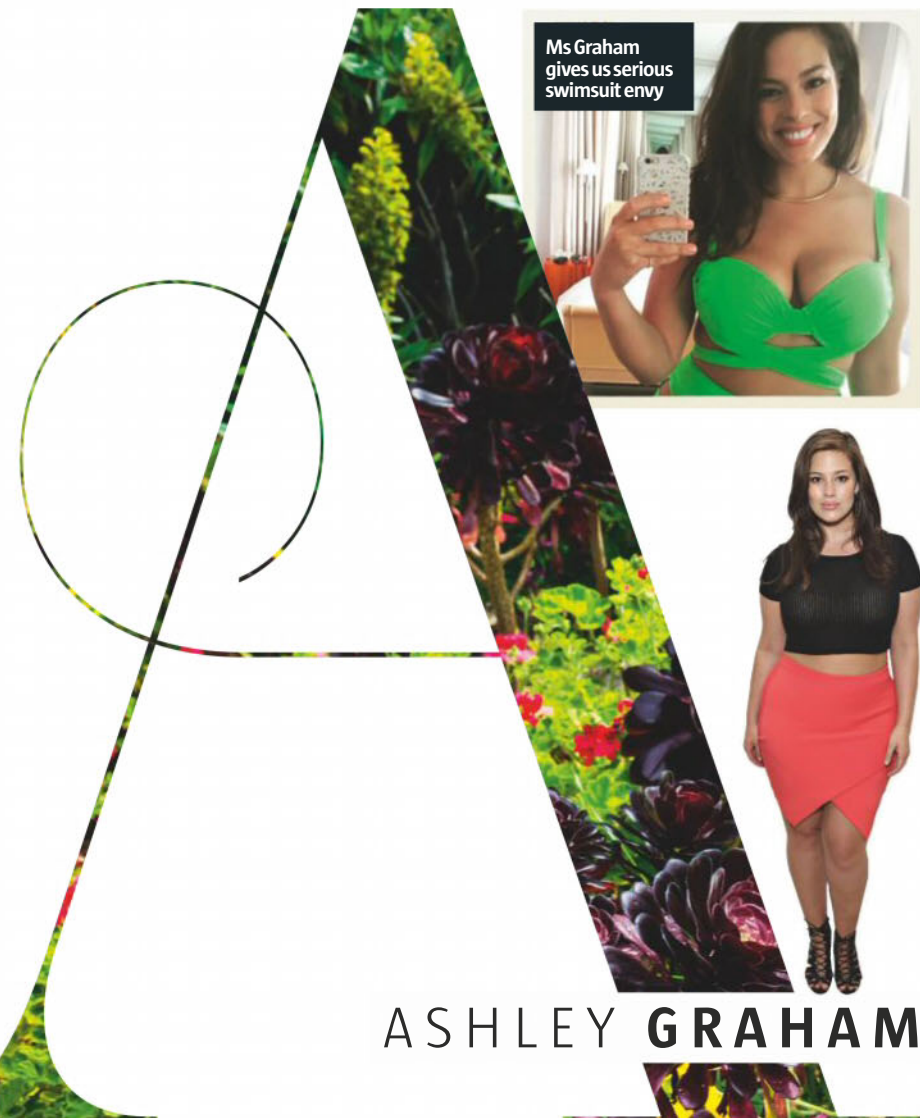
Check out **LOOK.co.uk/**
thefashiondrop

THE **FASHION** DROP

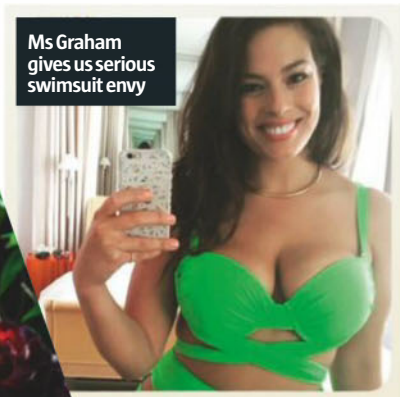
has landed

MODEL: MICHONAT NEXT

Brought to you by the style gurus at **LOOK**



Ms Graham gives us serious swimsuit envy



ASHLEY GRAHAM



Swit swoo Ashley Graham! Our ultimate girl crush

We've crowned Ashley Graham our body-confidence poster girl! The stunning Ashley Graham has made a career out of championing self-acceptance – alongside bagging some amazing modelling gigs and designing a clothing line. Taking to the stage to deliver a TED Talk on body confidence back in May, Ashley stood in front of a full-length mirror and said to herself: 'You are bold, you are brilliant and you are beautiful. There is no other woman like you.' And she truly believes it. In fact, Ashley refuses to say anything bad about her body and rejects the term 'plus-size'. 'Back fat? I see you popping over my bra today, but that's alright. I'm going to choose to love you. And cellulite, I have not forgotten about you. You're a part of me and I love you.' It's motivational gems like this that make us love Ashley – not to mention her gorgeous Instagram snaps. No wonder she's got 384,000 followers! We think this quote sums up body confidence perfectly: 'Be you. Be real. Be authentic. Be your favourite kind of woman.' Ashley, we salute you!



CAROLINA HERRERA



BB For Your Body

L'Oréal Paris Sublime Bronze Summer Legs BB Cream, £9.99, is the magic your pins have been waiting for. You get the airbrushed finish of tights, without a stocking in sight. Smother this cream all over your legs and it'll hide scars, bruises and ruddy-looking knees.



L'Oréal Paris Sublime Bronze Summer Legs BB Cream £9.99





Dress, £125, **Studio 8**



Studio 8
£110



New Look
£19.99



Boohoo.com
£22

THE CURVE FASHION FESTIVAL

Time to plan a trip to Manchester. The Curve Fashion Festival – a new plus-size fashion event – takes place on 26 September. Evans, ASOS, Boohoo.com, New Look, Curvy Kate and newbie Studio 8 (sister brand of Phase Eight) will be showcasing their new-season designs. As well

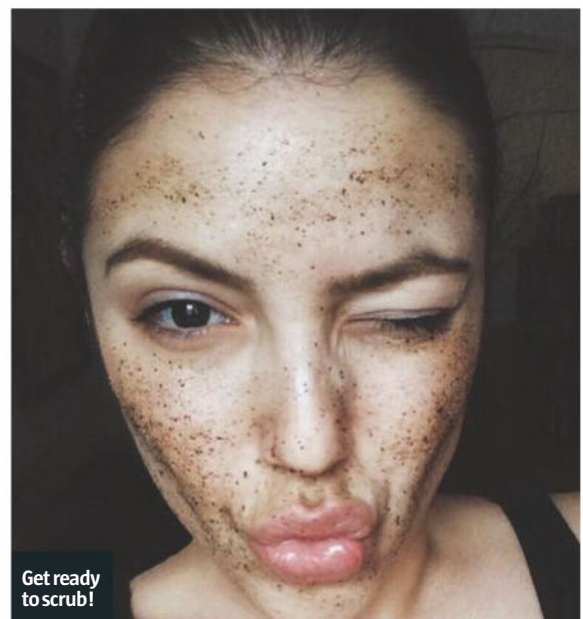
as all that shopping, there will be inspiring talks as well as a champagne bar and pop-up afternoon tea salon. Held at Manchester Central, tickets for the shopping hall cost £20, but we've bagged four exclusive VIP tickets worth £100 to give away!*

Thecurvefashionfestival.co.uk



D Dirtea

This cult US brand has *finally* hit our shores. With extracts of organic white tea powder, activated charcoal, palm oil, lemon oil, dead sea salts, sugar cane and vitamin E, this scrub not only buffs the brightness back into your arms and legs, its detoxing properties clear acne too. Expect summer-ready skin after one use!



Get ready to scrub!

*ENTER AT LOOK.CO.UK/COMPETITIONS UNTIL 25 AUGUST 2015. THE PRIZE IS FOUR VIP TICKETS TO THE EVENT. FULL TS & CS ARE AVAILABLE ONLINE

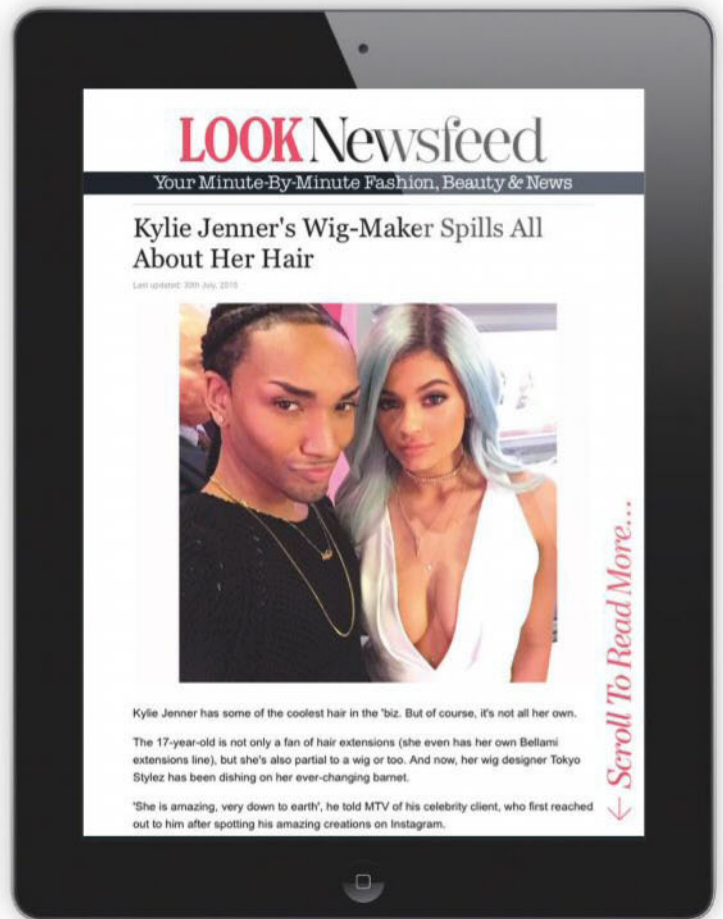
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ELLESSE CELEB AMBASSADOR

Fitness fanatic Lucy Mecklenburgh +
Ellesse's new collection = match
made in heaven. Here's she spills
her body secrets



What do you think is the secret to body confidence, Lucy?

Focus on your assets! We all have things we don't like, but don't focus on your negatives. Be proud of what you love about yourself and if you can improve things, do it! I am most conscious of my short legs, but I try to make them lean and toned and wear heels a lot, which makes me feel more confident.

We love the new Ellesse range.

What's your favourite piece?

I love the coral top! It's so comfortable to work out in and it's nice to wear a bright colour while training.

Any advice for someone struggling with their body confidence?

Don't worry about losing weight or dropping a dress size – confidence has to start from within so don't be too hard on yourself. We all have hang-ups, but if you make little changes like incorporating more fruit and veg into your diet, then you will notice a change in your skin, you won't feel as bloated

and will feel better about yourself.

We know you're really into healthy eating and fitness – any tips?

Book your training sessions in your diary each week and make them fun! Train with friends or family if you can. Enjoy exercise, don't make it a chore. Food-wise, stay away from anything processed and low-fat as they are usually full of sugar! Reduce your intake of sugar, refined carbs and eat more protein and greens.

How often do you work out, and how do you keep motivated?

I train four or five days a week for an hour and right now I'm obsessed with skipping! It's such a great form of cardio. My motivation is sometimes a holiday or event but mainly it's all my followers! I want to keep inspiring as many women as I can to become fitter and healthier. I promote eating real food, regular exercise and looking after your body and I want to spread this message to as many people as possible.

What do you eat before and after a workout?

Protein! I have green tea, eggs & green juice (75 per cent veg) before a workout and afterwards I have chicken, green veg and sweet potato. Water and lemon is also a must. I believe in five good days and two cheat days a week.

For more tips, visit Resultswithlucy.com

Lucy Meck:
great abs,
awesome attitude!



● All from Ellesse
at JD Sports
(jdsports.co.uk)



DEREK LAM

F Flattering Flares

If you hadn't already heard, fashion is still very much in love with the 70s for autumn, and when one of the era's key pieces is so pleasing on the pins, we can see why. We're talking about the flare, which stormed the catwalk and works wonders at elongating legs thanks to the wide hem, which makes you appear slimmer. Genius!



Monsoon
£55

Topshop
£42



Topshop
£125

MAC

A classic trench will be your ally against the unpredictable British weather – plus they make any outfit look super-chic. What's not to love?



Whistles
£130

PENCIL SKIRT
Dressed down for the weekend with flats and a grey T-shirt or with a buttoned-up shirt and heels for work, a chic skirt will be your go-to outfit perker.



Marks & Spencer
£75

CASHMERE CREW NECK
Nothing feels more luxe than super-soft cashmere, and M&S has the best purse-friendly offerings around. Our advice? Start a collection.



Kurt Geiger
£199



FOR BODY

Apply Michael Kors Liquid Shimmer Dry Oil, £40, over your entire body and expect your limbs to pop. The gold flecks will make skin look 100% radiant.

FOR FACE

Tan-Luxe Oil, £31: There's no hint of shimmer in here, but you can expect to turn a gorgeous shade of bronze, minus any streaks or smells.

Michael Kors
Liquid Shimmer
Dry Oil
£40

Tan-Luxe
Oil
£31

G Golden Glow Boosters

Nothing makes us feel better than a little bit of a faux glow. We're obsessing over these two magic oils that each come with light reflecting particles and tan boosters to give our skin a serious sheen.

INVEST IN THE CLASSICS

Trust us, adding one of these timeless items to your wardrobe will ensure you feel good every time you slip it on – which will be often. It's worth spending a little extra, and you'll be safe in the knowledge that you're oozing classic cool.



Cath Kidston
£45

BRETON TOP
Beloved by the *Look* fashion team, there isn't an outfit dilemma this striped beauty can't save.



Levi's
£90



Zara
£89.99

LEATHER BIKER
You'll wear it year round and it only gets better with age. 'Nuff said.



Oasis
£35



SHIATZY CHEN

HIIT TRAINING

If you haven't heard of it, here's why you need to. It involves short intervals of high intensity cardio, which means you burn more calories in less time. It's time to swap an hour pounding the treadmill for 10-15 minutes for HIIT. That works for us!



Nike Training Kit
£25



Khloé's super-peachy pic

NYDJ.co.uk
£129.95

J

Jeans To Make You Feel Good

The secret to Khloé Kardashian's famous derriere is out! Yep, in a recent Instagram snap, Khloe added the caption 'Thanks @NYDJ for the amazing jeans.' She was talking about LA Label Not Your Daughter's Jeans, which are made with a Lift Tuck Technology. We'll take a pair in every shade!



NYDJ.co.uk
£189

KITTEN HEELS

While you may think a stiletto is best when it comes to a confidence boost, kittens provide the same chic factor while keeping you comfortable – and thanks to Louis Vuitton and Miu Miu, they're back with a bang. Let's face it, no one feels confident tottering around in pain! Here are three ways to rock them...



Monsoon
£75

1 Go all-out prim like the catwalks and pair with a dogtooth midi and princess coat.

2 Make the classic kitten feel a little more fierce with patent or metallic finishes and sharp pointed fronts.

3 For the office, wear with ankle-grazing tailored trousers and a mannish shirt.



If it's good enough for Lily and Behati...

Ling Skincare

When we met Victoria's Secret model Behati Prinsloo, she raved about this Korean skincare brand. 'I love the ginseng mask', she told us. 'Lily [Aldridge] got me hooked on it, now my skin isn't the same without it.'



Ling Ginseng Therapy Moisture Mask
£36



Maternity Must-Have

Chic maternity label Seraphine's cult knot-front dress has been worn by everyone from Kate Middleton to Kimberley Walsh to Holly Willoughby.



Seraphine
£49

NO AGE LIMIT CONFIDENCE ICONS

From teens to 90s, meet the A-list women we think nail effortless style and ooze body confidence.



Teens Chloë Grace Moretz, 18

'Anyone can be board-thin if they want to deprive themselves. I personally don't like that look.'

20S Daisy Lowe, 26

'I'd rather be fit than thin. I feel stronger, healthier, brighter and less stressed. Diets feel like starvation.'

30S Lupita Nyong'o, 32

'I've worked hard to feel beautiful in my natural skin. I don't want to depend on make-up.'

40S Victoria Beckham, 41

'If you haven't got it, fake it! Too short? Wear high heels – but practise walking!'

50S Michelle Obama, 51

'We don't talk about weight. We spend much more time talking to our girls about being kind.'

60S Susan Sarandon, 68

'I look forward to being older, when what you look like becomes less of an issue.'

70S Helen Mirren, 70

'You can't control how other people see you. But you have to be comfortable with that.'

80S Sophia Loren, 80

'Nothing makes a woman more beautiful than the belief that she is beautiful.'

90S Iris Apfel, 93

'You can't try to be somebody you're not – that's not style. You have to learn who you are first.'



Kingsofcole.co.uk
£135.99
(coming soon)

OFF-DUTY GYMWEAR

Say hello to new loungewear hero label Kings of Cole. The brainchild of Elana Brynes, who became obsessed with sweatshirts after borrowing her then-boyfriend's at uni, the Stateside brand has just hit our shores. Since starting with hoodies, Elana expanded into luxe loungewear and caught the eye of J-Lo and Kourtney Kardashian. Comfy has never looked so cool.



Kingsofcole.co.uk
£135.99
(coming soon)



USE SHAMPOO ON YOUR FACE?



That's madness.
There are products specially
designed for your face, just like
femfresh is specially designed
for your intimate skin.

Our Daily Intimate Wash,
with soothing Aloe Vera, is
pH balanced and uniquely
formulated to safely and
gently cleanse.

Finally, the everyday
care it deserves.

femfresh
INTIMATE SKIN CARE



PHILIP KINGSLEY'S HAIR HOW-TO GUIDE

We fired three must-know hair questions at the legendary hairdresser...

1 HOW CAN WE MAKE OUR HAIR GROW?
'So many people trim their hair every six weeks to make it grow faster. It won't. Eating plenty of protein will make hair grow at its optimum rate.'



2 IF YOU'VE GOT FINE HAIR, SHOULD YOU SKIP CONDITIONER?
'Never! Always condition fine hair as it immediately smooths the cuticle, allowing light to bounce off it. This will create amazing shine.'

3 IS WASHING YOUR HAIR DAILY BAD FOR YOUR HAIR?
'Not at all. My best hair tip is to shampoo and condition your hair daily using the correct products for your hair type. This will help to keep your scalp and hair in the best condition.'

QUIRKY BEAUTY TRENDS WE KINDA LOVE



1. CLOWN CONTOURING
After the nation became obsessed with contouring, YouTubers starting getting in on the Clown Contouring craze. Quirky? Yes. Crazy? Most definitely. Addictive to watch? 100%!

2. THE GLOW-DRY
A new take on a standard blow-dry, this combines semi-permanent hair colour with a conditioning treatment for ultra glossy locks. We want.

R

RED LIPPIE

Looking for an instant mood lift? Dig out your red lipie!
We asked Rimmel London's international make-up ambassador Kirstin Piggott how to pick your perfect hue – just check the colour of the veins on your wrist and read on...



BLUE VEINS
+ YELLOW
UNDERTONES
= **CHOOSE A
WARM RED**

GREEN VEINS
+ PINK
UNDERTONES
= **BLUE-BASED
REDS**

BLUE & GREEN
VEINS + NEUTRAL
UNDERTONE
= **GO BRIGHT
& BOLD**

1 (Matte) Rimmel London Lasting Finish Lipstick in 01, **£5.49** **2** (Glossy) Wild About Beauty Nutrilips Colour in Ella, **£15** **3** (Matte) Make Up For Ever Rouge Artist Intense in 43, **£7.99** **4** (Glossy) Clarins Joli Rouge Lipstick in Clarins Red, **£19** **5** (Matte) Clinique Lip Colour + Primer in Poppy Pop, **£16** **6** (Glossy) Shiseido Velvet Rouge Lipstick in RD506, **£19**



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Dazzle everyone with OSMO® Blinding® Shine – a shine-enhancing collection that gives super-smooth, frizz-free results. Featuring the new Illuminating Mask, this lightweight range transforms dull, lacklustre locks into smooth, salon-worthy tresses.

Samantha

Samantha Freedman
Beauty Editor

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SPORTS LUXE

Sportswear isn't just for the gym anymore – meet the must-haves you'll wear from morning run to post-Pilates brunch and beyond...



1

With its bomber shape and star print, this will look just as good with leather skinnies and heels as gym shorts.

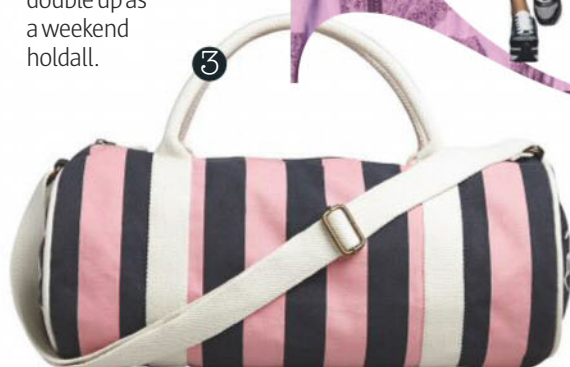


2

Let's face it, everything's more fun when there's leopard print involved – even 6am workouts.



This chic striped gym bag will double up as a weekend holdall.



3



Combine performance with punchy prints and colours for a super-versatile trainer buy.



4

1 Jacket, £65, Stella Sport 2 Leggings, £39.95, Gap 3 Bag, £44.50, Jack Wills 4 Trainers, £80, Adidas Originals at ASOS

Doutzen Kroes
is our bronze-
spiration



T Turbo Tans

Who has time to wait for their tan to develop? We want to be bronzed, and we want it to be speedy. Meet the new super-fast tans that work in less than an hour for perfectly sun-kissed limbs.



40 MINS
U Tan 40
Minute
Turbo Tan
£25



1 HOUR
Rimmel Sun
Shimmer
Self Tan
Mousse
£7.99



1 HOUR
Fake Bake
Luxurious 60
Minute Self
Tan Liquid
£25

SPANX

Thought Spanx was all heavy-duty shapewear? Think again. The new collection is packed full of pieces you can wear every day, like the amazing Undie-Tectables briefs and Pillow Cup bra. The Undie-Tectables feature a softer version of Spanx's signature tummy sucking panel, and the Pillow Cup bra's 3D technology provides extra support along with dig-free straps.



Spanx
£56



Spanx
£24

Contains
a genius tummy-
flattening panel

UNDERWEAR UPDATES

Good underwear is the foundation of making any outfit look amazing, so it's always worth investing.

Check out these new innovations for a fast-track to body confidence...

SILENT ASSEMBLY

Currently rocking our lingerie radar, Silent Assembly uses Curvessence technology in its designs, replacing the usual – and often rather uncomfortable – metal underwire with engineered nylon ribs that contour perfectly to your body. Practical, yes, but that doesn't mean they've sacrificed on the pretty – lace, scallop details and vibrant shades reign supreme.



Silent
Assembly
£79



Silent
Assembly
£39

New support
technology



1

PREEN

V Val Garland: 'Beauty Rules I Live By'



She's the Brit make-up artist who has the beauty world hanging on her every word. Anything she says is just make-up genius. Here are Val's beauty commandments for 2015

1 'A great autumn alternative to a smoky eye is a rusty shade. At Preen I used **MAC Pro Longwear Paintpot in Groundwork, £16**. Gorgeous!

2 'Always wear lipliner under your lipgloss – otherwise it will end up on your chin.'

3 'When in doubt, mascara, mascara. For the Giambattista Valli show, each girl wore at least six coats.'



22

3

GIAMBATTISTA VALLI

WRAP DRESS



Diane Von Furstenberg

In 1974, Diane Von Furstenberg created the world's most flattering frock – the wrap. It suits every body shape, makes you feel seriously classy and is still a wardrobe icon 41 years on. As the lady herself put it: 'The wrap dress made women feel what they wanted to feel like: free and sexy. It also fitted in with the sexual revolution – a woman who chose to could be out of it in less than a minute!'



Yumi
£50



Warehouse
£40



Wallis
£45



Wallis
£45



ASOS
£38

#loveyourbody

XL PRINTS – AND HOW TO PULL THEM OFF

Nothing screams style confidence like rocking a bold print. Nail this season's now...

- It's all about placement. If you're bigger on the bottom, wear print up top and vice versa.
- For an extra standout look, pair your oversized print with another, smaller patterned separate.
- If you're new to print, try a monochrome style for a subtle take.

H&M
£24.99



Monsoon
£89



Solace London
at Urban
Outfitters
£115



YSL Couture
Palette Collector
(limited edition)
in Metal Crush
£42.50

YSL'S MUST-HAVE PALETTE

Every season, YSL blows us away with an amazing eye palette. This season's might top the lot. The embossed 'YSL' casing is seriously chic, but it's the shadows inside that ticked all our boxes. Dampen your brush before putting them on for seriously intense colour.

ZOELLA INSPIRES THE NATION



You may know Zoella as a YouTube celebrity, but she's also an ambassador for mental health charity Mind (Mind.org.uk). Zoe first experienced panic attacks and anxiety when she was 14, and has opened up to her 8 million followers about how she copes...

1 'Take yourself out of the situation where you are feeling anxious. Step outside, go somewhere quiet. If you are feeling claustrophobic, go out, look up at the sky and think: "You're not trapped."'

2 'When you panic, you breathe in too much oxygen, which can cause you to hyperventilate and make you freak out even more. So you have to be really aware of your breathing. Breathe slowly – in for 10 seconds, out for 10 seconds.'

3 'Have a playlist of songs on your phone that keep you calm and bring back happy memories. They can help take your mind off situations, to stop you overthinking things.'



Yep, we could handle a weekend in Stockholm...

Win An Amazing Trip To Sweden

You and a friend could be jetting off to Stockholm, courtesy of Rekorderlig Cider

Ever dreamt of visiting the beautiful Swedish capital of Stockholm? Well, now you could make it a reality, thanks to Rekorderlig Cider. To celebrate the brand's amazing new advert, we're giving one lucky winner and a friend the chance to visit the city, including flights and accommodation.

We'll also throw in some spending money, so that you can make the most of your weekend away.

Once you arrive in Stockholm, you and your guest will spend a few days immersing yourselves in Swedish culture, and by that we mean eating, drinking and marvelling in all the medieval splendour the capital has to offer. If that wasn't enough, we'll even keep the winner suitably topped up with premium cider with a case of Beautifully Swedish Rekorderlig Strawberry-Lime. Enjoy!

The Prize Includes

- Two nights in a four-star hotel in Stockholm for two people, including breakfast.
- £500 spending money.
- Return flights for two people.
- A case of Rekorderlig Strawberry-Lime Cider.



Look out for Rekorderlig Cider's cool new advert

Stockholm Cathedral was built in which year?

(a) 1234 (b) 1279 (c) 1262

To enter, call our hotline* on 0905 230 3202

*Calls cost £1 per minute plus your telephone company's network access charge. Calls last approx. 2 mins.

Enter online for free

Simply visit look.co.uk/competitions to enter this competition for free.

Or text... LOOK C

followed by a space, your answer and your full name, house number, postcode and email address to **87088** (UK). For example, text: LOOK C (answer) CHLOE JONES 14 NN1 1LL chloejones@example.co.uk. (Max. 160 character limit.) Texts cost £1.50 per text, plus usual operator costs.

*Lines are open from 11 August 2015 until midnight on 25 August 2015. Please ensure you provide your full name and address details as incomplete entries may be charged but not entered. Entrants must be over 18. When you enter by text, you may in future get sms marketing messages from Time Inc. (UK) Ltd and Look magazine, if you don't want to please end your text with NO INFO. SP: Spoke Ltd 0333 202 3390. For normal Time Inc. (UK) Ltd competition rules, see Comps.look.co.uk/rules

REKORDERLIG CIDER

why let good times go bad?
for the facts... drinkaware.co.uk

TERMS AND CONDITIONS: Entrants must be aged 18 and over with a valid passport. Prize is non-refundable and non-transferable. The trip to Stockholm is to take place in February 2016 (exact date will be confirmed with the winner). The prize includes a four-star hotel stay in Stockholm for two people for two nights, including breakfast; £500 spending money; return flights and case of Rekorderlig Strawberry-Lime cider. The winner will be sent a cheque for £1,200 to cover costs of flights, transfers and spending money. The winner is responsible for booking flights for themselves and their guest. Prize does not include travel insurance or any additional costs.

LOOK.co.uk For more fantastic competitions, go to Look.co.uk/competitions

MIRACLE DRESSES *TO*

Give your trusty skinnies a break, and find the perfect frock to

PERFECT FOR BOYISH FIGURES: PANELLED PARTY MINI

The printed panels and cut of this H&M hero help to create the illusion of shapely curves.

✓ A deep V neckline will show off more of your bust; a push-up bra will help add extra cleavage.

✓ The thick belted middle section defines and cinches your waist.

✓ Side panels in a contrasting pattern flatter the shape of your hips.

✓ The front split elongates legs.

✓ Wear strappy heels to show off great pins.



Dress, £39.99, **H&M**
Shoes, £19.99, **New Look**
Earrings, £12.50;
rings, £7.50, all **Freedom**
at **Topshop**
Necklace, £6.50, **Diva** at **Miss Selfridge**
Bag, £55, **Topshop**

PERFECT FOR ACCENTUATING CURVES: THE TAILORED PENCIL

This waistcoat dress helps you to show off your curves, with its eye-drawing waist buckle and tight pencil bottom.



Dress, £39, **Miss Selfridge**
T-shirt, £14.99, **Mango**
Shoes, £27.99, **New Look**
Earrings, £7.50, **Freedom**
at **Topshop**
Necklace, £15, **Accessorize**
Watch, £122, **French Connection**
Bag, £50, **Pied A Terre**

FLATTER EVERY SHAPE

suit your figure with our guide to this summer's hottest styles

1

CROP IT

Wear with a cropped box jacket that stops at your waistline to show off more shape around your hips.

2

LAYER IT

Layer T-shirts and shirts underneath for extra coverage if needed.

3

MAKE A STATEMENT

Accessorise with statement necklaces and anything that'll draw attention to your top half if you're worried about looking leggy.

PERFECT FOR CONCEALING LEGS: LONG-LINE MIDI

Not a fan of your thighs or knees? A simple tube dress is great for highlighting other features you like instead, such as toned arms or a small waist.

How To Wear It To The Office
Give it a workwear spin with a little help from tailored cover-ups and chic shoes.

How To Wear It At The Weekend
Dress it down with a pair of espadrilles and a denim jacket – that's your outfit sorted for a Saturday lunch date with the girls.



Dorothy Perkins
£28



Miss Selfridge
£39



ASOS
£18



Topshop
£24



Wallis
£35



Meme.london
£85



Zara
£49.99

Dress, £59, **Label Lab**
Shoes, £38, **Next**
Earrings, £6.50, **Dorothy Perkins**
Necklace, £7.50, **Diva at Miss Selfridge**
Bag, £18, **ASOS**



PERFECT FOR APPLE SHAPES: VOLUMINOUS SKATER

If you want to enhance your waist, then this is the dress for you. The flared skirt is great if you're conscious of your bum, while the horizontal stripes will emphasise your bust.

1

BELT IT

Add a belt at the waist for extra definition.

2

MAX IT

Pick bold block colours for maximum impact.

3

GO SUPER-SIZED

Layer a netted skirt underneath to create extra volume. If you're big busted, this will help to even out your proportions.

Dress, £150, **Coast**
Shoes, £55, **Office**
Earrings, £6.50; ring, £6.50; cuff, £8.50, all **Diva at Miss Selfridge**
Bag, £35, **Skinny Dip**

PERFECT FOR CONCEALING ARMS: BELL-SLEEVED TUNIC

Not mad about your arms? A billowing bell sleeve offers an easy breezy approach to summer dressing without going sleeveless.



PERFECT FOR SMALL CHESTS: TWO-PART OVERLAY DRESS

An overlay will make your chest look fuller and draw attention to your waistline.



Dress, £30, **Papaya**
Shoes, £32.50, **Principles**
By Ben De Lisi
Earrings, £6.50, **Diva at Miss Selfridge**
Necklace, £19.99, **New Look**
Clutch, £25, **River Island**



✓ The wide, boat neckline is super-flattering for big busts – it shows off a hint of your décolletage without overdoing it.

✓ A bell sleeve not only provides coverage from your shoulders to your elbows, it also creates the illusion of svelte forearms.

✓ Look for dresses with extra details such as this hemline to draw attention to other parts of your body.

Dress, £100, **Topshop**
Shoes, £16, **Primark**
Earrings, £25, **Darling**
Necklace, £10, **Accessorize**
Bag, £129, **Radley**

PERFECT FOR PETITE FRAMES: LACE MINI

Don't drown in material – a shorter hemline will ensure those pins are fully on show. Bold colours and fabrics such as lace will help you stand out from the crowd.

1

ALL IN THE DETAIL

Capped sleeves flatter upper arms and define shoulders.



2

CHEAT IT

A higher-placed waistline will give the illusion of longer legs.

3

BE PRINT SAVVY

Prints and embellishment look great on petite ladies, but stick to a small repeated pattern, instead of one large graphic to avoid looking swamped.

Dress, £100, **Topshop**
Shoes, £16, **Primark**
Earrings, £25, **Darling**
Necklace, £10, **Accessorize**
Bag, £129, **Radley**

How To Wear It On Holiday

Thanks to a fringed cover-up and tasselled sandals, it's easy to give this dress a beach-boho update.



Ohmylove
london.com
£39

Very.
co.uk
£15

Stylistpick.com
£18

Oliver Bonas
£32



Miss Selfridge
£65

How To Wear It On A Date

Add a touch of sparkle and shine with a beaded clutch and a trophy jacket.



Zara
£19.99

THE SEARCH FOR YOUNGER LOOKING SKIN IS OVER.

1 CREAM, 100 AWARDS.



Olay Total Effects is a simple solution for younger looking skin.

With **7 age defying benefits in 1, and 100 awards across the globe[†]**, it's all your skin needs. The 7-in-1 from the world's number one.

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*Based on mass market facial moisturiser and cleanser value sales for past 12 months ending June 2014

†Based on number of awards received by Olay Total Effects boutique across the globe 2002-2014


Olay
TOTAL effects

YOUR BEST BEAUTIFUL™

Age-Proofing Eye Balms

These bag-busting formulas will transform tired-looking eyes in a flash, so you can fake a full eight hours

1 Liz Earle Daily Eye Repair

★★★★☆

Look's Sam: This mega-moisturising cream contains vitamin E and is perfect for sensitive skin. I now use it every morning and it keeps my eye area hydrated all day. It even has SPF10, which is good for all year round.

Ilana: I dotted this around my eyes and it instantly blurred any fine lines and left my skin really soft. It's quite rich, so it's probably better suited to older skin.

2 Healgel Eye

★★★★☆

Look's Sam: Lightweight and fast absorbing, a little goes a long way. Before bed, I gently patted a small amount under my eyes and I woke up with plumper, smoother skin.

Ilana: Although it's expensive, you get a lot in the bottle. The formula isn't too heavy like some others, and I noticed a definite improvement in the creases around my eyes. A lot comes out of the pump, though, so be careful.

3 Elemis Pro-Radiance Illuminating Eye Balm

★★★★☆

Look's Sam: The cooling applicator helped massage in this balm-like brightener, and the nude colour worked like a concealer, banishing my bags in seconds. It's a great make-up base.

Ilana: The shimmer of this wonder balm put an end to my panda eyes! My eye area appeared plumper and I looked less tired; I just wish it was a bit cheaper.

4 L'Oréal Paris Skin Perfection

Awakening + Correcting Eye Cream

★★★★☆

Look's Sam: Aimed at those in their twenties and thirties, this correcting cream contains caffeine and vitamin C to target stressed-out skin, dark circles and fine lines.

Ilana: This went on feeling velvety smooth and the tinted shade helped to brighten darker areas in the corners of my eyes. It didn't do much for puffiness in the morning, though.

5 La Roche-Posay Pigmentclar Eyes

★★★★★

Look's Sam: A little tube of magic. After a hectic week, this instantly brightened, tightened and filled my fine lines, plus the cooling applicator tip puts an end to puffiness – love!

Ilana: This is so good – the metal tip is really refreshing, and after using it for a week I could actually see a difference in my dark circles. It's my new go-to product.



Look's
Beauty Editor
Sam Freedman



Look reader
Ilana
Leonard

Join our panel

Every week, *Look* tests must-haves so you can buy the best – it's like beauty bootcamp. We need readers to help us! If you want to be in *Look*, email Sam your name, age, where you're from, your beauty dilemma and a recent snapshot to testfactor@timeinc.com.



Bye-Bye, Bags

- The skin around your eyes is super delicate, so use a pea-sized amount of eye cream and pat it on gently with your ring finger.
- Use a primer before your concealer to stop it sitting in any creases.
- A salmon-coloured corrector under concealer will hide shadows.

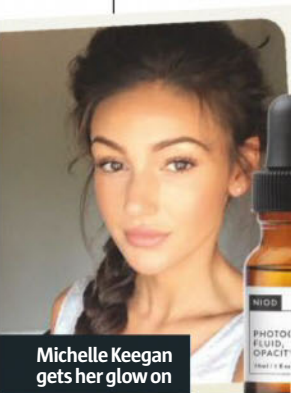
TAKE YOUR HAIR TO PARADISE



#selfiesecrets

How To Be Photo Ready—Always!

Meet the products that will make you picture perfect, from the skin transformer to the blemish eraser... Say cheese!



Michelle Keegan gets her glow on



Niod Photography Fluid £20

1 Get A Glow-Over

Niod's Photography Fluid, £20, is one product all us selfie lovers *need* in our lives. The super serum has been designed to make skin look amazing in photos. Pop it on before foundation and, with microfleckles of gold that reflect the light, it'll take your face to a whole new level of radiance.

2 Disguise Flaws

We've all been there – you wake up on the morning of a big night out and a huge pimple has decided to take over half your face. Not fun. That's why you need Make Up For Ever HD Concealer, £21. As the name suggests, it covers a multitude of sins with HD-quality pigments that banish imperfections, from that monster blemish to those pesky dark circles. So even the giant iPhone 6+ camera won't pick up on that scary spot.



Make Up For Ever HD Concealer £21

3 Blurred Base

Forget Photoshop – smooth your skin for real with Rimmel's new Match Perfection Foundation, £7.99. It actually hides pores, thanks to a blend of soft-focus powders that make up the semi-matte formula. All that, and the 24-hour moisturising complex guarantees a flawless look.



Rimmel Match Perfection Foundation £7.99



Revlon Ultra HD Lipstick £7.99

4 Pout Perfector

Keeping your lippie pristine all night is a mission most of us fail at (beauty editors included!), and there's nothing worse than your faded, patchy pout being caught on camera. That's where Revlon's Ultra HD Lipstick, £7.99, comes in handy. The genius formula is made of gel (as opposed to traditional wax) and sits on the lips way better than most due to its moisturising, perfecting technology.

5 Flawless Finish

Ever wondered why skin looks better when you add an Instagram filter? Well, it's because certain lights are *way* more flattering. Nobody has studio lighting for every selfie (except maybe the Kardashians), but Too Faced Selfie Powders, £25, will do the trick. The lilac, yellow and bronze mimic the effects of filters, so always sweep before you snap!



Too Faced Selfie Powders £25



Trust Kim to have immaculate lips

Watch Our Video

Get selfie-ready with Mollie King at look.co.uk/molliecontour



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Best Body

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That'll Resculpt Your

Give your workout a boost with our pick of the best technology out there to ramp up your regime...



TRX Suspension Trainer Home Kit

You might have tried it in the gym, but this home suspension set will transform your routine. It's easy to use and transport, and you can work all body parts, which is perfect for mixing up your workout so you don't get bored. **£189.99, Argos.co.uk**



Shock Absorber Ultimate Run Bra

Designed specifically for runners, this brilliant bra reduces bounce by up to 78 per cent and provides total friction-free comfort. Plus, its support system counteracts your boobs' natural figure of eight movement that occurs when running. Who knew underwear could be so clever? **£40, Figleaves.com**



Garmin Vívofit 2 Tracker

The Garmin Vívofit 2 is a smart gadget that reminds you to stay active *all* day long. It follows your movements 24/7 and, if you lose track throughout the day, an alert will sound after an hour of inactivity. **£89.99, Garmin.com**

CH Body



Poolmate Watch

If you love swimming, this waterproof watch could totally change your morning dip. It counts lap times, so you can use it to push yourself with every session. It also works out calories. Nifty! **£69.99, Swimovate.com**



LumbaCurve

This handy tool relieves lower back ache by improving your posture and reducing inflammation. Plus, it's small and light, so it's ideal to take to a Pilates class. **£79, Lumbacurve.com**

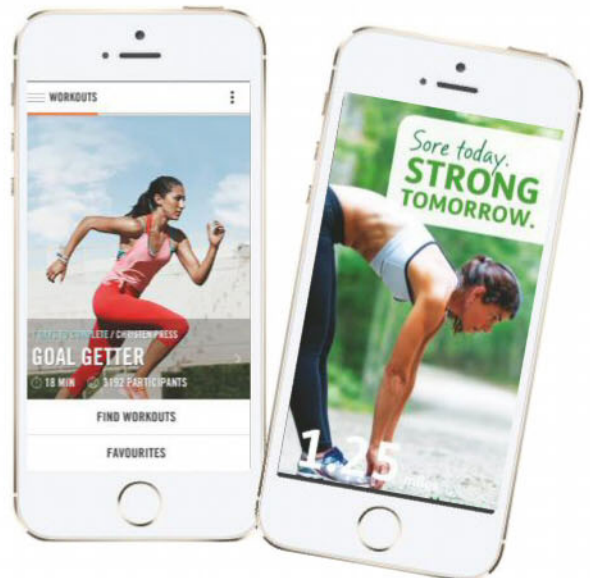


Nike Air Zoom Odyssey Women's Running Shoe

These ultra-cool trainers will give you serious gym kudos. The latest from Nike Air, three-foam densities in the mid-sole help make sure you're running just right, and the flywire cables (yep, no stopping to tie your laces) ensure a glove-like fit. **£110, Nike**

Charity Miles

Some of us need extra motivation on a daily basis – and there's no better incentive than helping others. Every time you track your walk, run or cycle ride on this app, you can earn money for various charities, all funded by the company's sponsors. **Free, iOS and Android**



Nike+ Training Club

Grab your mates for a fitness session with this incredible app. Like a personal trainer in your pocket, choose from over 100 different routines and set yourself weekly challenges to get fit, fast! **Free, iOS and Android**

Tanita BC-301 Scales

You might not be a big fan of scales, but these are pretty brainy. Not only do they reveal your weight, but they also work out body fat percentage, muscle mass, BMI and hydration levels. **£49.99, Tanita.eu**



#Trending Now

#theatre



We're still waiting for that date, Benedict

Yes, You Can Still Catch Benny in Hamlet...

Benedict Cumberbatch's *Hamlet* stage performance is already sold out (sob), but you can still get tickets to see it live as it's being broadcast at cinemas nationwide from 15 October. Quick, get your tickets now at Nationaltheatre.org.uk.

#festivals

Virgin Media V Festival vs Green Man

It's the battle of two very different summer festivals...

VIRGIN MEDIA V FESTIVAL

Where? Hylands Park, Chelmsford and Weston Park, Staffordshire.

When? 22-23 August.

Line-up: Calvin Harris, Ellie Goulding and Jess Glynne.

Celeb-spotting? It's a pretty star-studded affair.



VS

GREEN MAN

Where? Brecon Beacons, Wales.

When? 20-23 August.

Line-up: Hot Chip, Super Furry Animals & The Staves.

Celeb-spotting? Look out for Cara D, as her girlfriend St Vincent is performing.



#films

Don't Miss Amy Sch Trainwreck!

It's the must-see m
funniest female st



Amy Schumer's new flick (out 14 August) will make you laugh until you actually cry. But it's not *all* about the hot new comedienne, because she has a stellar cast to back her up. Here's everything we love about *Trainwreck*...

Dr Aaron...

Bill Hader is one of our favourite people ever anyway, but as Amy's love interest Dr Connors, we've fallen for him in a whole new way.



The Faux-Brit Editor...

Tilda Swinton transforms herself for the role of Amy's boss. Her patronising tone is just *perfect*.

The Sporting Cameos...

From wrestler John Cena in the buff, to basketball player LeBron James playing a hilarious parody of himself.



umer's

ovie from America's
and-up. Book now!



'You, drink me under
the table? That's the
funniest thing ever!'

The BFF We All Have...

We heart Vanessa
Bayer as Amy's long-
suffering best friend,
Nikki. Vanessa brings
her *Saturday Night
Live* experience for
serious LOLs.



The Real-Life Dating Scene...

From flirty interns to awkward
cinema dates, Amy doesn't
shy away from representing
what dating is really like today.

#TV

Everyone's Talking About Aneurin Barnard

The rising star is about
to join *Game Of Thrones*
actress Natalie Dormer
in period drama *The
Scandalous Lady W*, and
he's seriously good in it.

■ **Aneurin, 28, was
born in Ogwr, Wales.**

■ He won rave
reviews for his role as
Bobby Willis in the TV
drama *Cilla* with
Sheridan Smith.

■ **Look out for
him in *Legend*, the
Kray twins biopic.**

■ **The Scandalous
Lady W is on 17 Aug,
BBC Two, 9pm.**



#tumblr

Cinnaman Bun

We've been so
much happier
since this new
Tumblr came
into our lives.
The premise is
this: take one
celeb hunk like
Bradley Cooper
and replace his
man bun with
a cinnamon
one, then laugh
a lot. Simple
yet effective.

■ **Cinnaman-
bun.tumblr.
com**



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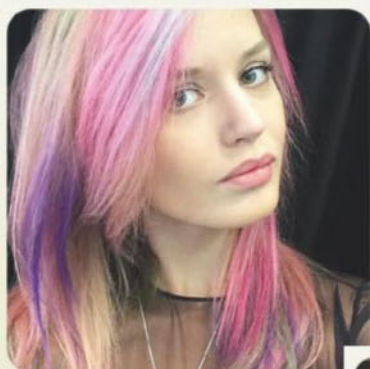
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Subscription rates: One-year, 51 issues (including p&p): UK £97.10; EUR €243.80; USA \$317.70; Rest of world £207.90. For enquiries and overseas rates please visit magazinesdirect@quadrantsubs.com or call +44 (0)330 330 233. Published by Exam Ltd, a joint venture company between Time Inc. (UK) Ltd, and Marie Claire Album, and managed by Time Inc. (UK) Ltd, Blue Fin Building, 110 Southwark Street, London SE1 0SU (tel: 020 3148 6668). Website: www.look.co.uk. Printed in England by Polestar Biceter. Cover printed by Polestar Chantry. Repro by Rhapsody. Distributed by IPC Marketforce. Look is a trademark of Time Inc. (UK) Ltd, and is sold subject to the following condition, namely that it shall not, without the written consent of the publishers first given, be lent, resold or hired out or otherwise disposed of in a mutilated condition or in any other unauthorised cover by way of trade or affixed to or as part of any publication or advertising literary or pictorial matter whatsoever. Look does not assume responsibility for unsolicited manuscripts, photographs and illustrations. Time Inc. (UK) Ltd reserves the right to reuse any submission sent to Look magazine, in any format or medium. ©Time Inc. (UK) Ltd, 2014. ISSN no: 1753-5115

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CELEBS' CRAYOLA HAIR CRAZE

The latest trend among the supermodel set? Candy locks. Georgia May Jagger, Cara D and Abbey Lee Kershaw gave their hair a bold makeover in pink and green hues, while actress Kaya Scodelario opted for shades of violet. You can almost taste the rainbow.

 For more great ideas, check out our pastel hair Pinterest board

Look! WHAT A WEEK

Fashion never sleeps and neither do we! For your 24/7 style fix, go to Look.co.uk and follow...

 @LOOKmag  @Lookmagazine  @lookmagazine  LOOKmagazine  +lookmagazine



ALEXANDER THE RED-CARPET DRAG QUEEN

We couldn't believe our eyes when Alexander Skarsgård (Alexa Chung's beau) rocked up to the premiere of his new film *The Diary of a Teenage Girl* in drag. A tribute to his co-star, drag artist Joshua Grannell, Alex's sparkle put actress Bel Powley and director Marielle Heller in the shade!

KENDALL & KYLIE DO SHOES



The social-media superstars already have their own clothing line, and now Kendall and Kylie Jenner have designed a range of footwear, set to hit Schuh in September. Yep, you could actually walk in the sisters' shoes – including stacked platforms, ankle boots and lace-up heels, from £79. Elbows at the ready, ladies!

 *Enjoy your interview with the fabulous Kylie at Look.co.uk/kytielips



Thanks for the new body-confidence mantra, Michelle Keegan...

 Watch Michelle share her all beauty secrets at Look.co.uk/michellebeauty

**'A REAL WOMAN
HAS CURVES
HAS MUSCLES
IS SKINNY
IS WHATEVER THE
HELL SHE WANTS TO BE'**



FASHION GOES 3D

Say hello to the clothing future: Israeli fashion student Danit Peleg has become the first designer to create an entire collection using 3D printing. She produced all the designs for her graduate show at home, including this incredible lattice dress. Any drawbacks? The line took 2,000 hours to print.

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